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POSTER INSIDE

OXYGEN

AUSTRALIA

DIETS YOU'LL LOVE

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Issue 78

on the cover

This issue we feature on the cover:
Rachel Guy
Hair & makeup by Lisa Lee
Cover photo by Dallas Olsen
Cover design by Leo Costa Leite



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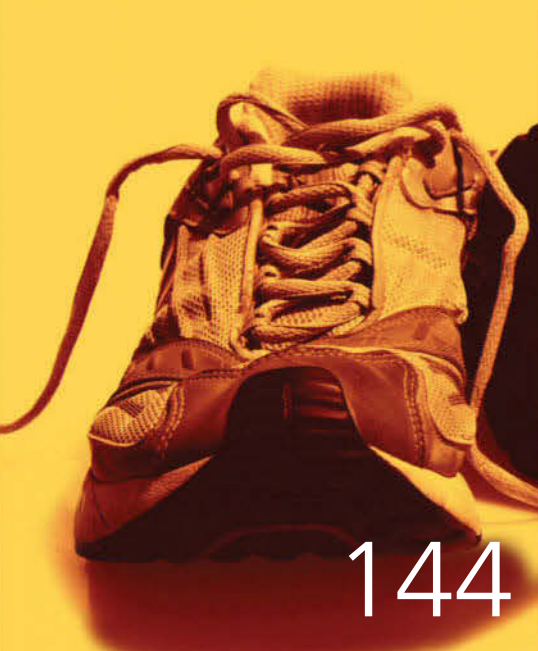
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WAYS TO LOSE FAT

Kick it

or pick it

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Can you handle the TRUTH?

Here's the honest truth: I don't know anyone that has never been on some sort of "diet". Whether it's been a detox or an elimination-style program, all of these well-meaning protocols are basic forms of a diet. That's not to say that all diets are bad; the ones I am talking about are the fads, gimmicks, pills and diet shakes offering amazing weight-loss results in an incredibly short amount of time and those diets that tell us that certain things need to be eliminated. Sure, if you have an intolerance or a medical reason as to why you should eliminate a certain food or food group, by all means do so, but those of us who don't, then there is no excuse!

We go on these "diets" because we want to get in great shape, however, most of the time, all they do for us is lower our metabolism and assist us in losing our sanity. Not to mention we beat ourselves up for not being able to stick to the program and feel worse than before we started. Whatever you do, don't be fooled by slick marketing and flashy promises. Remember that trying to stick to the unrealistic guidelines that are part of the program and starving ourselves is a recipe for absolute disaster. We always quit and gain the weight back again and the merry-go-round continues.

Sound familiar? In the past, I too was guilty of trying a large number of diets; I thought there had to be an easy way out and that I was just not good at following a diet. But let me remind you of the TRUTH: there is NO quick-fix and no amount of shakes or pills will ever get you feeling great and looking good. If we want permanent results, we need to make permanent changes and

use REAL, nutritious, whole food as the foundation of everything we put into our mouths.

By following some basic guidelines and eating a variety of colourful and nutrient dense food, day in and day out, not only will you feel more satisfied, you'll actually see results sooner rather than later. If you always try to make eating well part of your lifestyle, the results will speak for themselves. You'll be nourishing your body and you'll find yourself healthier and a whole lot happier.

In this issue, I have given you a copy of my very own plan. By following my 7 Rules after having my gorgeous daughter Alexa, I was able to get back into great shape without killing myself in the gym and without eating "diet food," all while surviving on very little sleep. Even though I've found it super hard to get training sessions in, by sticking to my guidelines and having a choice with what I want to eat and when, I've managed to prove once again that the 7 Rules really do work, pre-, during- and post-baby!

To make permanent changes in the way you eat you need to have faith. You need to let go of your previous ideas of "diets" and quick-fixes and have faith that by eating clean, nutritious and satisfying foods, you'll get the results you're after.

You also need to have faith in yourself; faith that you can follow some basic guidelines, treat yourself well, eat the foods you love, and get the results you're after – all at the same time.

Faith comes in many different forms, and it is so important to have faith in yourself and your abilities – in every aspect of your life. Here at Oxygen, we see people taking leaps of faith everyday. When you send in stories of your amazing health and fitness journeys or photos of your incredible transformation, we understand it takes bravery to do that. You should be so proud of yourself for taking that step and sharing your journey with us. Your bravery inspires the entire Oxygen community that we are all so lucky to be part of.

I hope you enjoy this issue. Have faith Oxygirls, you are capable of achieving amazing things.

Lindy



PHOTO CREDIT: DALLS OLSEN

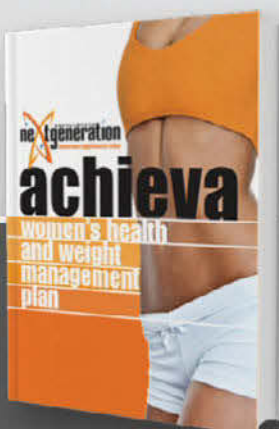
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Correction

On page 97 of Oxygen Magazine Australia issue 77 the 'Liquido Pattern Legging All For One by Tiffany Cruikshank' had an error with pricing. The leggings are in fact \$93, not \$29 as previously listed.





NUTRITION/HEALTH

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Passionate and determined to motivate, educate and inspire women to be the best they can be!

Lesley Maxwell

Personal trainer, figure competitor, *Oxygen* ambassador and regular contributor and author of *Get The Body You Want* (2012).

Penny Lomas

Strength and conditioning coach, personal trainer and Biosignature Modulation Practitioner. Health and fitness writer and fitness model.

Amanda Steer

Amanda Steer is a fulltime police officer, RPM instructor, Musashi Nutrition-sponsored athlete and *Oxygen* cover girl. Amanda has won ANB National and Asia Pacific titles.



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Michelle Koen BVC

Michelle is a culinary coach and author of *Healthy Helpings*. Her mission is to teach people how to cook good food with all the flavour and none of the fuss. www.healthyhelpings.com.au



FITNESS & TRAINING

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Personal trainer (prepared2win.com.au), Director World Gym Australia, IFBB pro bodybuilder. Ex professional athlete, trainer and nutrition coach.



Lindy Olsen

Cert IV in personal training, ISSN Sports Nutrition, level 1 and 2 boxing.

Lindy is a 5x natural world figure athlete, fitness ambassador, motivational and lifestyle coach.



MIND/BODY NATUROPATHY

Greg Dolman, Bodytune

Bodytune specialist, executive master trainer, Certificates III and IV in fitness, AIF business diploma, Punchfit accredited boxing and kickboxing Padmaster Instructor, and Australian Natural Bodybuilding of Victoria judge and workshop presenter.



Geoff Edwards, Life Coach, NLP cert.

Internationally accredited life coach with over 25 years of coaching experience based in Melbourne, Australia. Has impacted over 20,000 individuals and clients worldwide through his coaching work and publications!



Deidree Taylor

Dee Taylor is a nutrition and fitness writer, certified personal trainer, group fitness instructor and in her final semester of a Health Science degree majoring in nutrition at the University of Queensland. Her studies are focused on understanding health behaviors, crucial to identifying health related behavioral patterns needed to navigate successful health changes. She holds memberships with Nutrition Australia, Fitness Australia and Forum Speakers and actively conducts speeches on nutritional related topics.

Dr Susan 'Suz' Baxter

Suz is a passionate and enthusiastic, award winning NZ fitness instructor and International Shape competitor. She is an Optimum Nutrition athlete with over nine years of teaching experience. She has recently submitted a PhD in health science, and has a strong commitment to research driven results for overcoming barriers to exercise and enhancing and facilitating evidence based practice.

Check out her 'Suz Baxter' Athlete page on Facebook for more fit tips and information.



Lisa Renn

Lisa is a Melbourne-based Accredited Practising Dietitian and a spokesperson for the Dietitians' Association of Australia. She has 15 years experience creating individual eating plans suited to her clients' lifestyles. Her mission is that women will know there's an alternative to restrictive dieting and to teach them that sustainable weight loss is achievable if you avoid the current fad-diet obsession. www.bodywarfare.com.au





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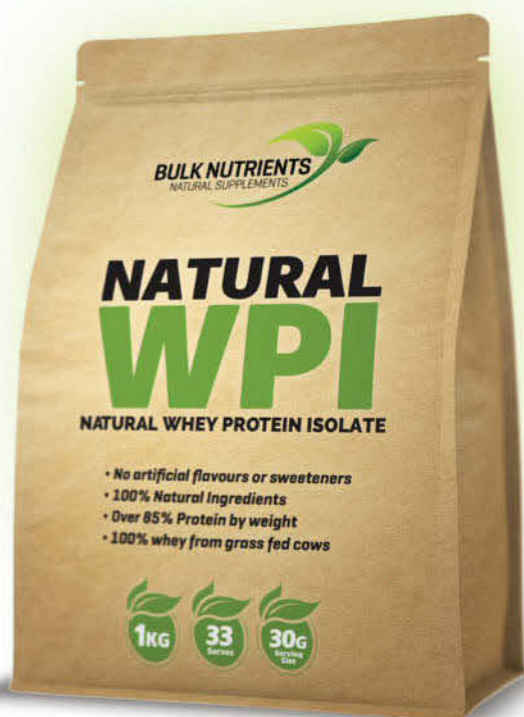


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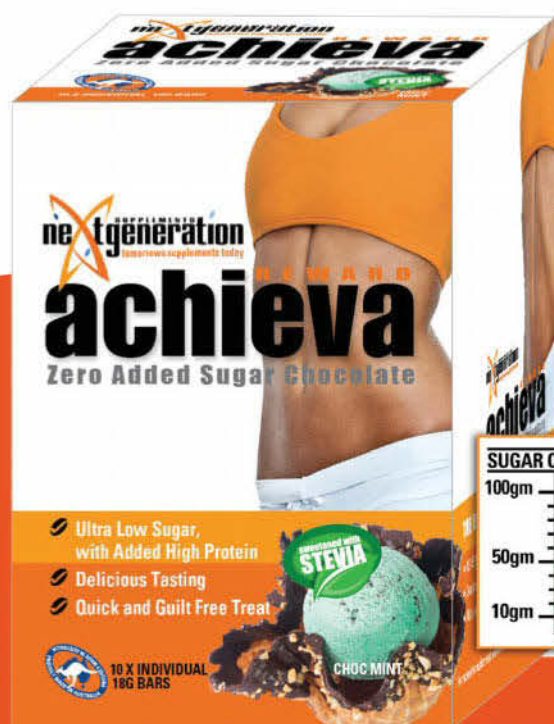
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WE HEAR YOU »

Hi Oxygen,

About three years ago I picked up my first *Oxygen* magazine. I had been on medication for depression for several years and wondering if I would ever get off the meds and get back to feeling like myself.

In one of your *Oxygen* issues a woman you featured made a statement that she had realised exercise could really help her manage her depression. That day I started cutting out pictures and the exercises listed in your magazines and started making an exercise journal (like the one I had a few years ago).

I felt really inspired to heal myself and manage my sickness through diet and exercise. This really worked for me.

I love that you put little things in your magazine like the note about how exercise helps depression (on page 24 in issue 76). I think it helps women realise that depression isn't something they have to be ashamed of and that taking time out, healthy eating and exercising can make a huge difference to your brain.

Your magazine really does touch lives.

Love and light,
Naomi Donohue xo

I am a 28 year old flight attendant in Adelaide who struggles to maintain a balanced diet and exercise when I'm away for work. When I first picked up your magazine in my Jetts gym; I was getting annoyed at these other health mags and found they weren't helpful and were filled with silly medical percentages, beauty tips and rarely any workout tips.

As soon as I read your magazine it changed my life and my workouts. I love the pull out sections and am learning something new every month. I've found my inner strength and don't feel lost when I'm in the gym or in a hotel room anymore because I've always got your amazing magazine packed in my bag.

I let the other cabin crew read my *Oxygen* magazine in the back galleys on breaks so they also see how good your mag is. I've converted a few to *Oxygen* now too.

Thankyou for working hard on a brilliant, Australian health magazine.

Kind regards,
Kelly xoxo

Hi Kelly,

Thank you kindly for your letter and for sharing the *Oxygen* way of life with your fellow cabin crew. We're so glad you have found inner strength and we hope you continue to love life, every single day.

Oxygen

"I let the other cabin crew read my *Oxygen* magazine in the back galleys on breaks so they also see how good your mag is. I've converted a few to *Oxygen* now too."

Hi Naomi,

Thank you for your letter. You are so right when you say that exercise can help manage depression and we're so happy it helped you. Exercise, healthy eating and positive thinking sure work wonders!

Oxygen



Hi Oxygen team,

I am a long time reader of *Oxygen* and love the motivation and inspiration you provide. I have never needed *Oxygen* more than I do now, as I am trying to shed the baby weight and get myself fitter and healthier than I have ever been.

I gave birth to my beautiful girl in September last year and have been so in love, but I am struggling to come to terms with my body changes and feel so stiff and sluggish. I was happy to see I was pregnant around the same time as Lindy and her journey through pregnancy has really motivated me to get back in to shape.

I have never had a body that I am proud of, but I was working on it before I got pregnant. I was one of the girls that pledged I would eat really well and keep exercising

through pregnancy, but I struggled with painful joints and was lucky to get out the chair some days, so that plan went out the window!

I am so determined to make it happen now. I am seeing a trainer once a week and trying to work out as often as I can, but I must admit it is very difficult to get there these days and sometimes I wonder if I was being a little over ambitious! Preparing meals is a challenge some days and organisation seems to be a thing of the past, but we are slowly finding ways to make it all work. I have always wanted to transform my body mainly for my own personal satisfaction but now that I have a baby and a wonderful family, I want to do it for them and be a great role model.

I have a few goals I want to achieve by doing this and one of them is to make it into *Oxygen* magazine. I have always admired the girls that appear in the magazine and hope that one day I can achieve this dream.

Thank you for your wonderful magazine, keep up the motivation and inspiration!

Tanya Gronthos

Hi Tanya,

Thank you so much for your letter. It can be hard to come to terms with our post-baby bodies and tricky to find time to fit training and meal prep in. However, it can be done! We wish you all the best on your new journey and would love to hear how you go.

Oxygen



Hi Oxygen team,

My name is Jessica and I love *Oxygen* magazine! I am going on a six week challenge to get a fitness model physique as I have had a baby and it has been 8 months now. I am ready to get in to the best shape of my life. I have to thank your team because I have been so inspired by everything I read. It's almost like every time

I pick up the latest edition, you guys have the exact topics I am looking for! Keep up the amazing work, you are helping so many people out there and that is truly amazing.

Kindest regards
Jessica

Hi Jessica,

Thank you for your letter; we're so pleased to cover the topics that are important to our *Oxygen* community. Good luck with your six week challenge, we'd love to see a photo after you've completed it.

Oxygen



We see you!

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For more information and to register visit: www.maxadventure.com.au



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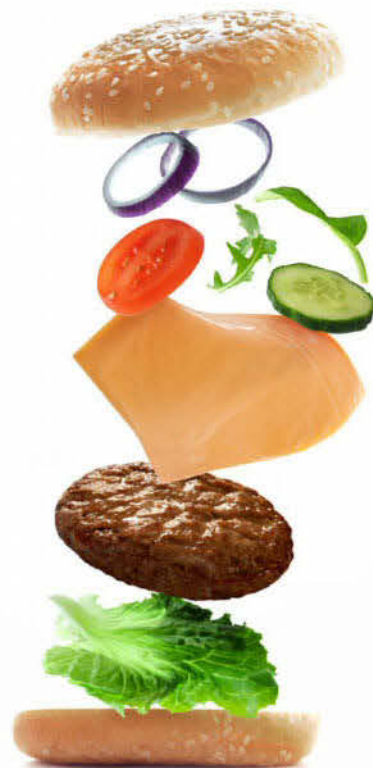
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WHAT'S YOUR ADVICE FOR GIRLS RETURNING TO THEIR MEAL-PLAN IF THEY'VE HAD A CHEAT DAY/WEEKEND?

WHAT DO YOU USUALLY DO TO GET BACK ON TRACK?



PENNY

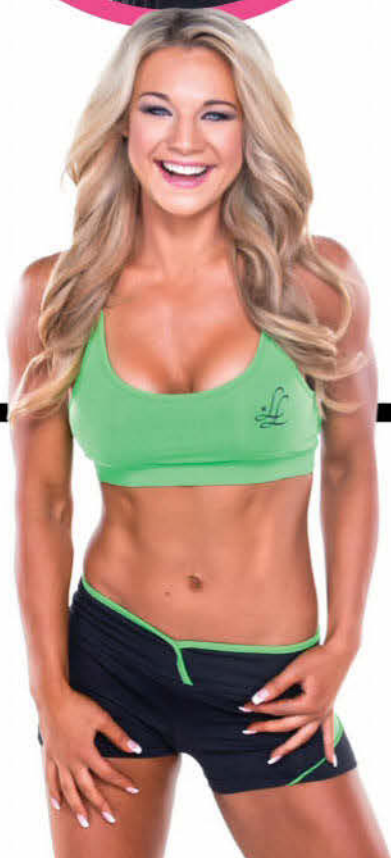
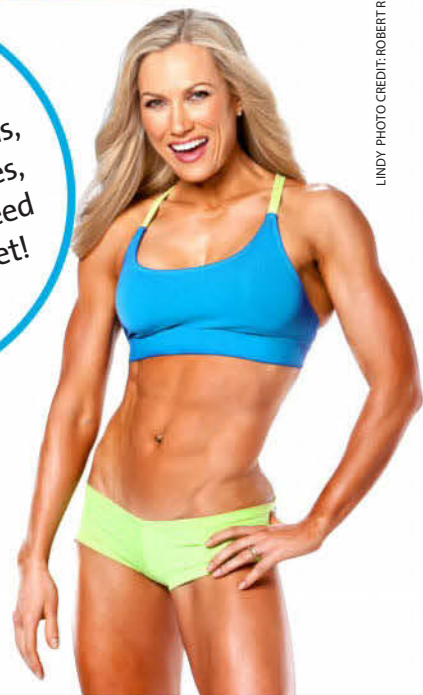
Make sure your cheat meal is structured and you know exactly what you will be eating. If you over eat, then you are more likely to feel a huge sense of guilt and keep over indulging for a few days.

The purpose of a cheat meal is to stimulate your metabolism and give you a mental break.

Don't eat until you are stuffed; just eat enough to be satisfied. Have your meal prep all ready to go for the meal or day after your cheat meal too, that way there's no reason for you not to stick to your meal plan.

LINDY

Cheats, or as I like to call them 'sanity' meals, are parts of my 7 rules, so I don't actually need to return to my diet! Happy days!



SHARNA

After having a fun weekend out with girlfriends and eating off my meal plan I struggle to get back on track sometimes. The next day, without fail, I always feel lethargic, moody and crave carbs... hard!

The only way I kick this feeling in the butt is to wake up early in the morning and hit the gym.

It's never my best session and I struggle to give it 100 per cent, but as soon as I

finish, I feel like I've hit the reset button. The last thing I want to do is continue eating off plan, so I head home to enjoy a healthy breakfast, prep my meals for the day and rehydrate.

Unfortunately nothing comes easy – you have to work hard if you want to enjoy the good things in life!



JUSTINE

I am not a fan of the word cheat; if you cheat then you feel like you have done something wrong. I like to call meals that are off the 'usual plan' a treat or reward meal, that way you feel good about having them rather than feeling awful. Eating is such an emotional thing for females. It is not just a case of eating and then moving on, we eat and we dwell and we beat ourselves up. It is sad that eating has turned into such a headache.

I live by the 80/20 rule and that works for me, so 80 per cent of the time I am on track and eat the right foods and 20 per cent of the time I eat what ever I like, whether that be good or bad.

I don't put restrictions on myself anymore and I try to eat a balanced diet so that I don't get cravings.

Women need to get it out of their heads that food is the devil. If you eat something 'naughty', eat it and then move on, don't dwell. Life is too short to worry about a meal that wasn't part of the 'plan'. Food is food and it is there to be enjoyed and to nourish our bodies. Find a system that works for you and most importantly be kind to yourself.

SKYE

How I get back on track after a cheat meal? I wake up and go for a run, drink heaps of water and return to healthy eating.

If I still feel really full I will lower my carbohydrates and load up on green vegetables.

Last weekend I indulged in some amazing food, so on Sunday, after my run and my omelette, salmon and asparagus breakfast, I made a massive pot of vegetable soup and added some bone broth and had that for the day. I've been back on track ever since.

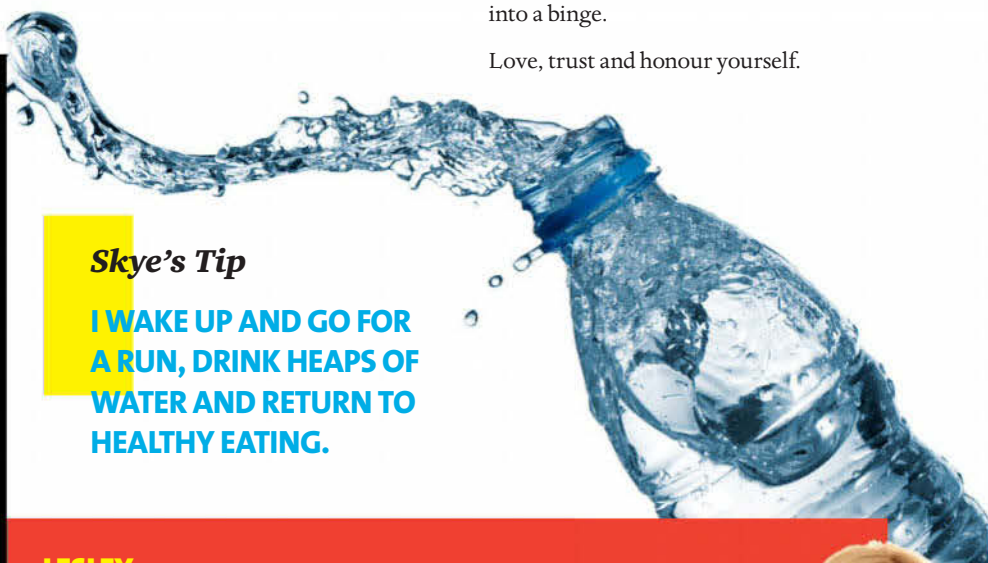


I don't beat myself up anymore. I find I enjoy my meals off and they don't turn into a binge.

Love, trust and honour yourself.

Skye's Tip

I WAKE UP AND GO FOR A RUN, DRINK HEAPS OF WATER AND RETURN TO HEALTHY EATING.



LESLEY

As a personal trainer, I've noticed the effects a cheat day or weekend has on some women. While a cheat meal makes the journey of clean eating a series of sprints rather than a marathon for some, it has a downside for others.

It's not the calories or what's involved in the particular meals that are the problem; it's simply that some people are addicted to sugar.

Sugar has a powerful effect on the brain and for some; it can restart the whole process of sugar addiction again. For

others, a sugar hit every now and then is just what the doctor ordered. Learn to understand yourself and what category you fall into.

I would suggest getting back on the super clean eating wagon as soon as possible after a cheat meal. Be strong and throw out the rest of that cake, it's better going to waste than to your waist! Clean eating and training seem to go hand in hand and you'll notice that once you return to your clean eating plan, you'll also feel like training again. Self discipline is like a muscle and the more you use it the stronger it becomes.





MOVE OF THE MONTH: BOSU DEAD BUG

Yes, it's an ignoble name, but this exercise hits your core 360 degrees around. Just balancing across the Bosu forces your abs, obliques, lower back and glutes to contract simultaneously for stabilisation; add in the leg action and you've got a serious core-killer. Start with two sets of five reps each leg, and work up to three sets of 10 as you get stronger.

Setup: Place a Bosu, dome side up, on the floor and lie overtop of it with the small of your back placed around the centre of the dome. (You may need to shift forward or backward some to find your ideal balanced position.) Lift your arms over your chest and your legs over your hips, knees bent. You should be balanced evenly on top of the Bosu.

Move: Slowly drop one heel toward the floor and touch it down lightly. Reach your arms overhead or to the sides to counterbalance your leg so you stay centered on top of the Bosu. Slowly bring your arms and leg back to the start. Continue, alternating sides.



360-780

Weight of force put on the knee of a 130-pound woman each time she takes a step. According to WebMD, doctors perform more than 600,000 knee surgeries every year, and that number is expected to rise to more than 3 million by the year 2030.

To best take care of your joints, always use proper form and strengthen the muscles surrounding the knee regularly. Try this knee-hab routine out for a spin:

exercise	sets	reps
Single-legged leg extension	3	15 each leg
Smith machine squat	4	10-12
Stiff-legged deadlift	3	10-12
Lateral lunge	3	12-15 each leg

READER QUESTION:

What is pre-exhaustion, and do I need to do it?

ANSWER: Pre-exhaustion is a technique in which you do an isolation exercise first in your routine prior to doing a compound move. (For example, a dumbbell flye before a bench press, or a leg extension before a squat.) You'd do this to fatigue a larger muscle group, such as the quads or pectorals, so that group gets enough overload; sometimes the smaller muscles fail before the larger ones get enough work during the compound moves. This is a good technique to use if you're trying to add muscle size, especially in a certain body part. Simply rearrange your moves so your largest muscles get worked in isolation first and foremost in the workout. Use a moderately heavy weight for eight to 10 reps (or go heavy and shoot for six to eight reps if you're really trying to break things down), and aim for three to four sets. Use this technique for four to six weeks and see how things grow!

Workout quickie: shoulder giant set

Need a little extra shoulder definition? Use this giant set at the beginning of a workout to wake up those muscles, or at the end as a burnout finisher. Begin with the smaller rear delts and move forward from there. Go through the giant set three times, and use a moderately heavy weight for all three muscle heads.



exercise

reps

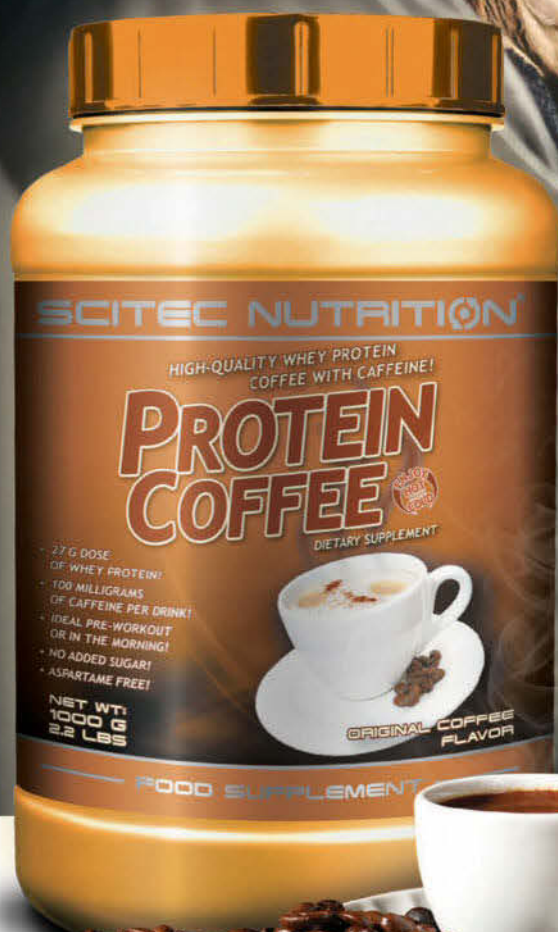
Bent-over rear delt dumbbell flye	10-12
Lateral dumbbell raise	8-10
Alternating dumbbell front raise	8-10 each side

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By Lara McGlashan, CPT, Fitness Editor



Oxygen breaks it down

plank, done right!

➔ Love 'em or hate 'em, planks are one of the best moves you can do to strengthen your entire core top to bottom, side to side and around the middle. Here's the lowdown on doing this move properly in order to forge abs of steel.

- » Lie prone on the floor. Lock your entire torso and raise yourself up onto your toes and elbows/forearms. Your head, hips and heels should form a straight line. Your elbows should be directly underneath your shoulders for optimal stabilisation.
 - » Engage your abs by imagining your belly button lifting up into your spine while keeping your hips aligned and square; don't let them rise up too high or sag too low.
 - » Look at a spot 6 to 30cm in front of you so your head and spine are neutral. Think of your head as an extension of your spine, and try to have it align with your hips and heels.
 - » Ground your toes into the floor by contracting your quads, press your heels toward the wall behind you, and squeeze your glutes to stabilise your lower body and hips.
 - » Focus on breathing deeply and maintaining form as you hold. Inhale for one count, then exhale for four slow counts to oxygenate your muscles while giving your mind something else to focus on.
 - » Start by holding plank for 20 seconds, then work up to 60 or even 90 seconds as you improve.
- Once you become proficient at the standard plank, challenge yourself with the variations listed on the right.



Planks can either be done on your forearms or on your hands. The forearm version is slightly easier and may be better for beginners. If you don't have a training partner to watch you, do your plank alongside a mirror to make sure that you're in the correct position and that your hips are not too high or too low.

BONUS

MORE PLANK VARIATIONS



- Side plank
- Medicine-/stability-ball plank
- Leg-up plank
- Forearm plank
- One-arm plank
- Shoulder-tap plank
- Walking plank
- Lateral-moving plank

VARIATION TO TRY TODAY HANGING OBLIQUE CRUNCH HI-LOW PLANK:

Start in a plank on your hands. Then bend one elbow and place one forearm on the floor, followed by the other forearm. Now reverse that sequence and return to the standard plank position one hand at a time to complete one rep. Repeat for time. The challenge is to keep your hips square as you go from high to low and not to tip side to side.

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By Jessie R. Shafer, RD

FOOD
OF THE
MONTH

Cauliflower

➔ This flourishing veggie is often overlooked for more colourful options, but cauliflower contains an impressive array of antioxidants, vitamins, minerals and phytochemicals. Steamed and mashed cauliflower is a healthful stand-in for mashed potatoes, reducing the amount of starch and carbohydrates. Cauliflower is also excellent when drizzled with a little olive oil and salt and roasted in a 200-degree Celsius oven until tender. Try cutting 2–3 centimetres thick slabs of cauliflower and BBQ them as veggie “steaks.”

Cauliflower is a member of the cruciferous family (along with kale, brussel sprouts and broccoli) that is known for their anti-inflammatory compounds, which help reduce the risk of chronic diseases and some cancers. Despite its pale colour, cauliflower is a good source of nutrients that help you stay well, including vitamin C, fibre, potassium and magnesium.

In Season — Cauliflower is available year-round so you can enjoy its benefits no-matter what the season is.

Look for — heads that are compact, white and firm, ideally 15 to 20 centimetres in diameter. If a cauliflower has a coarse appearance, it is too mature and should be discarded. Store heads in a plastic bag in the refrigerator up to one week.



Frequent headaches?

➔ **Try cutting salt.** If you suffer from headaches more than once a week, a high-salt diet could be the problem. A new study published in the *British Medical Journal Open* found that daily salt intake of 4,000 milligrams or higher increased the incidence of headaches in study participants. Those on the lowest-salt diets had 31 per cent fewer headaches than those eating the most salt. If you tend to gravitate toward salty foods and experience frequent headaches, try cutting back on salt or blunting the impact of salt by eating more potassium-rich fruits and vegetables.

1 in 3

THE NUMBER OF AUSTRALIANS WHO REPORT DOING NO PHYSICAL ACTIVITY. PAT YOURSELF ON THE BACK FOR NOT ADDING TO THE NUMBER — AND GRAB A FRIEND THE NEXT TIME YOU HEAD TO THE GYM OR OUTSIDE FOR A RUN OR WALK. IT TAKES HELP FROM EVERYONE TO FIGHT THE NATION'S GROWING RATE OF OBESITY, WHICH HAS DOUBLED OVER THE LAST 25 YEARS AND INCREASED AGAIN LAST YEAR.

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By Allison Young



You're in control

Want stronger willpower? Kick temptation to the curb with these scientifically backed truths.

➔ Self-control is the grit you need to make all your goals a reality. You just have to know how to harness it. Read on for six surprising self-control truths from research and willpower experts that'll blow your mind, not your diet. Take that, temptation!

(1) Choose the right friends.

If your friend orders a salad, chances are you're not going to inhale a burger and fries. That's because self-control is contagious. A study by Dutch researchers found that people who toil with temptation can get a self-control boost by surrounding themselves with strong-willed types. Other studies have found that just thinking about

someone with strong resolve or watching others practice positive self-control can help you overcome temptation. "Be around the people who are doing what you want to be doing, and it will rub off," says Traci Mann, Ph.D., professor of psychology at the University of Minnesota's Health and Eating Lab and author of *Secrets From the Eating Lab* (HarperWave, 2015).

(2) Get out of the city.

Nature lovers, rejoice! Getting out in the great outdoors can help you hit the gym instead of the snooze button. In one study, participants who took a five-minute walk

in nature versus an urban environment were more likely to choose the larger future reward (delayed gratification) than the immediate, smaller reward (instant gratification). No need to permanently flee the city; even views and scenes of nature can help. So switch your screen saver to a verdant forest or go eat lunch in a park.

(3) Get to bed, now!

Want more self-control? Get more sleep! "One of the best predictors of people's self-control isn't personality but how much sleep you got the night before," says Kelly McGonigal, Ph.D., a health psychologist and lecturer at Stanford University and author of *The Willpower Instinct* (Avery, 2013) and *The Upside of Stress* (Avery, 2015). Lack of sleep impairs the prefrontal cortex, the part of the brain that rules self-control—and can even make you more likely to cheat on your partner. So how do you get more shut-eye? Go to bed 10 minutes earlier and get up 10 minutes later, power down technology an hour before bed (the blue light from screens disrupts sleep) or sneak in a power nap, McGonigal suggests.

(4) Get your gratitude on.

There's an easy way to pass up that chocolate cake: count your blessings. Researchers at Northeastern University found that tapping into feelings of gratitude could help people resist temptation. So how can you cultivate an attitude of gratitude? Write a gratitude letter to someone who changed your life, or keep a gratitude journal and list three things you're thankful for daily.

(5) Add obstacles.

When faced with an irresistible molten lava chocolate cake, most of us are going to cave. "The amount of willpower we have isn't enough, and it's far too easily depleted," Mann says. Case in point: a Cornell University study found that women eat more than twice as many Hershey's Kisses when they're within reach. Instead, put obstacles between yourself and temptation, suggests Mann, who avoids driving by her favourite bakery on the way to work.

(6) Go to yoga.

Namaste the impulses away! Yoga increases GABA (gamma-aminobutyric acid), a neurotransmitter involved in regulating self-control. A study in *The Journal of Alternative and Complementary Medicine* found that GABA levels increased by 27 percent after a one-hour yoga session. McGonigal explains: "Yoga changes your biochemistry so that you're not only less stressed out, you're actually in a state that gives you more energy and courage to do things that are important," like logging workouts instead of logging into Facebook. ●

Yoga changes your biochemistry so that you're not only less stressed out, you're actually in a state that gives you more energy and courage to do things that are important.



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WORDS: SANCHIA PARKER, ACCREDITED PRACTISING DIETITIAN



Sanchia is a dietitian working and living in Sydney. She currently enjoys working in a corporate health setting and has recently started a health and lifestyle blog with her sister, *Seed&Kilter*.

What is clean eating?

Clean eating is a way of eating that promotes whole, natural foods. A clean diet is heavy on fruits and vegetables, lean meat, fish and poultry, beans and legumes, low-fat dairy and whole grains. Meals are nutrient-rich and feature plenty of high fibre, low-fat foods that are low in sodium, flavourings and colourings.

Swap 1: A bag of potato chips for a bag of Chic-nuts

Why?

Potato chips don't offer much in the way of nutrition – they are high in fat, low in fibre and high in salt. Swap to a bag of chic-nuts for a cleaner savoury snack. Chic-nuts are roasted chickpeas that have been flavoured with herbs and spices. Chickpeas are incredibly nutritious, offering more fibre and protein than potato chips as well as being lower in fat. Better yet – make your own!

How the numbers add up

Food	Energy	Protein	Total fat	Sat fat	Total carb	Sugar	Fibre	Sodium
Potato Chips (20g bag)	436	1.4	7	0.7	8.8	0.3	0.6	104
Chic nuts (25g packet)	399	5.2	2.2	0.4	11.5	0.7	4.1	75



Swap 2: Packaged sauces for salsa

Why?

Take a peek at the ingredients panel for any of the packaged sauces on the shelves at the supermarket. You might be surprised to see how much sugar, salt, flavourings and colourings many of these feature. Keep the tomato sauce on the shelf, and try a tub of salsa to add some flavour to food instead. Both feature tomato as the base, but the tomato sauce will have sugar or other sweeteners, salt and flavours added whereas salsa is simply made of tomatoes, onion, capsicum and some vinegar. Check the refrigerated aisle in the supermarket for a fresher salsa.

How the numbers add up

Food	Energy	Protein	Total fat	Sat fat	Total carb	Sugar	Fibre	Sodium
Tomato sauce (per 100ml)	530	1.5	0.2	0.1	27	24.9	0	1220
Salsa (per 100g)	133	1.2	0.1	0.1	5.3	4.6	2.3	440



Swap 3: Toasted muesli oats

Why?

While toasted muesli appears to be a healthy option, both are made by tossing oats with sweeteners such as honey or sugar, oil and salt for flavour and then toasted. So while they might taste good, they can be loaded with added sugar,

salt and fat. Keep it clean by making your own oats and sprinkling on your favourite nuts and fruit. Time poor? Make a batch of Bircher muesli on Sunday to see you through the week.

How the numbers add up

Food	Energy	Protein	Total fat	Sat fat	Total carb	Sugar	Fibre	Sodium
Toasted muesli (50g)	880	4.6	6.1	1.1	32.9	13	2.3	5
Rolled oats (50g)	786	5.5	4.4	1.7	17.4	0	2.9	2



Swap 4: Soft drink sparkling water

Why?

A can of fizzy drink may be refreshing but with nearly 10 teaspoons of sugar in that can – it is definitely not clean! Try this instead: a cold glass of mineral water loaded up with sliced fruit and

a few sprigs of mint for a refreshing alternative. Keep a jug made up in the fridge so it is readily available.

How the numbers add up

Food	Energy	Protein	Total fat	Sat fat	Total carb	Sugar	Fibre	Sodium
Can of coke (250ml)	450	0	0	0	26.5	26.5	0	25
250ml sparkling water	0	0	0	0	0	0	0	20

Swap 5: Cheesecake homemade frozen yoghurt

Why?

When the occasion calls for a sweet treat, skip the cheesecake for some homemade frozen yoghurt. And don't worry – this doesn't mean spending hours in the kitchen following a recipe. Just grab your favourite Greek yoghurt (Chobani Lemon flavoured Greek yoghurt works best) and stick it in

the freezer for 1-2 hours. It needs to be firm but not completely frozen. When ready to eat, scoop it over some crushed walnuts to mimic a crunchy cheesecake base. An easy and delicious way to meet the sweet cravings.

How the numbers add up

Food	Energy	Protein	Total fat	Sat fat	Total carb	Sugar	Fibre	Sodium
Cheesecake (170g)	2516	9	38.3	28.6	54.1	45.4	0	391
Tub of yoghurt (170g) with 6 walnuts	994	15.8	10.1	2.4	20	18.7	0.7	92



Swap 6: White rice Freekeh

Why?

Free-what? Freekeh is an ancient grain that is seeing a rise in its popularity thanks to its versatile nature and nutrition profile. Freekeh is a wholegrain wheat that has been roasted, imparting a nutty flavour. It can

be substituted for rice in almost any recipe and it is easy to prepare in the microwave. Nutritionally, freekeh contains more fibre, protein, vitamins and minerals than white rice, making it a great clean swap

How the numbers add up

Food	Energy	Protein	Total fat	Sat fat	Total carb	Sugar	Fibre	Sodium
White rice (per 100g dry)	1470	6.6	0.5	0	79	0.2	2.3	5
Freekeh (per 100g dry)	1471	12.6	2.7	0	72	0	16.5	6



Make Your Own NUT MILK

Smooth, creamy and an ingredient list you can count on one hand: nut milk is a cinch to make. Here, we'll show you the basic method for almond milk, as well as creative ways to mix it up using nuts, oats, coconut and seeds. BY ANDREA GOURGY

+ improve YOUR LIFE

Almonds are a rich source of both biotin and vitamin E. Biotin is a B vitamin that is essential for supporting your body's energy production while vitamin E works as an antioxidant in the body to protect your cells from free radical damage.

This article was taken from
Clean Eating Australia issue 16.

For more information about
our sister publication
Clean Eating Australia visit
www.cleaneatingmag.com.au



A staple in any health-minded household, almond milk adds nutty flavour to smoothies, velvety texture to sauces and substitutes wonderfully for regular milk in puddings and porridges. It's a great option for those who avoid dairy because of personal choice or lactose intolerance, but it's also a smart way to sneak additional nutrients into your family's diet.

While there are some good store-bought options out there, many packaged almond milks

contain preservatives, gums and emulsifiers – all of which make this “health food” less than healthy. So why not make your own?

Making your own almond milk may sound complicated, but it's surprisingly simple – you just need a few basic ingredients, a nut bag and a blender. Once you get the basic method, you can get creative and mix it up using other nuts, coconut, oats and seeds. You'll love having a bottle of this all-natural, almond goodness on hand.

Almond Milk



MAKES 3 TO 4 CUPS.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 10 MINUTES (PLUS OVERNIGHT SOAKING TIME).

Soaking almonds overnight helps soften them, allowing for easier blending and a more velvety milk. However, if you don't have time to soak them, bring a small pot of water to a boil, add almonds for 4 to 5 minutes, then drain.

INGREDIENTS:

- **1 cup blanched almonds**
(**NOTE:** These are raw almonds that have been blanched to remove the skins.)

OPTIONAL ADDITIONS

- **Pure vanilla extract, to taste**
- **Raw honey or pure maple syrup, to taste**

EQUIPMENT:

- **Mesh nut bag** (**TIP:** Find a nut bag online or at your local health-food store.)

INSTRUCTIONS:

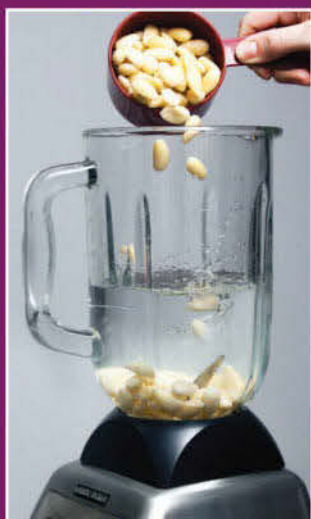
ONE: To a bowl, add almonds and cover with cold, filtered water. Set aside to soak overnight; drain.

TWO: To a blender, add almonds and 3 to 4 cups filtered water. (**NOTE:** For a creamier milk, use 3 cups water. To get more mileage out of your almonds use 4 cups.) Blend on high until smooth, about 30 seconds to 1 minute.

THREE: Set up a mesh nut bag over a bowl or jug and pour mixture into bag. Hold bag closed with one hand, and using your other hand, gently squeeze bag to get liquid out. If using vanilla and/or sweetener, return strained mixture to blender, then add vanilla and sweetener and blend again to combine. Store in a sealed jug or jar in the refrigerator for up to 4 to 5 days.

NOTE: Since homemade almond milk doesn't have any emulsifiers, it has a tendency to separate. Always give it a good shake before using. Instead of discarding the almond pulp, you can mix some of it into your baked goods to add an extra punch of fibre.

Almond Milk in 4 Easy Steps



1 To a blender, add presoaked almonds to 3 to 4 cups water.



2 Blend on high until smooth.



3 Set up mesh nut bag over a bowl or wide jug. Pour blended mixture into bag.



4 Hold the bag closed with one hand, and using your other hand, gently squeeze bag to get milk out.

Mix It Up: Easy Variations on Nut Milk

Use the same method as shown above with these simple swaps or additions. Sweeten or add pure vanilla extract to your taste.

SWITCH UP YOUR NUTS

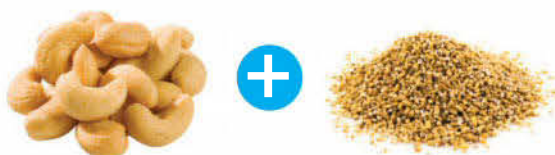
GO TROPICAL WITH MACADAMIA COCONUT:

Instead of almonds, soak $\frac{1}{2}$ cup raw unsalted (skinless) macadamia nuts and $\frac{1}{2}$ cup unsweetened shredded coconut overnight; drain. Add both to a blender with 3 to 4 cups water and continue with step 2.



EXTRA-CREAMY CASHEW OAT:

Instead of almonds, soak $\frac{1}{2}$ cup raw unsalted cashews and $\frac{1}{2}$ cup steel cut oats overnight; drain. Add both to a blender with 3 to 4 cups water and continue with step 2.



ADD-ONS

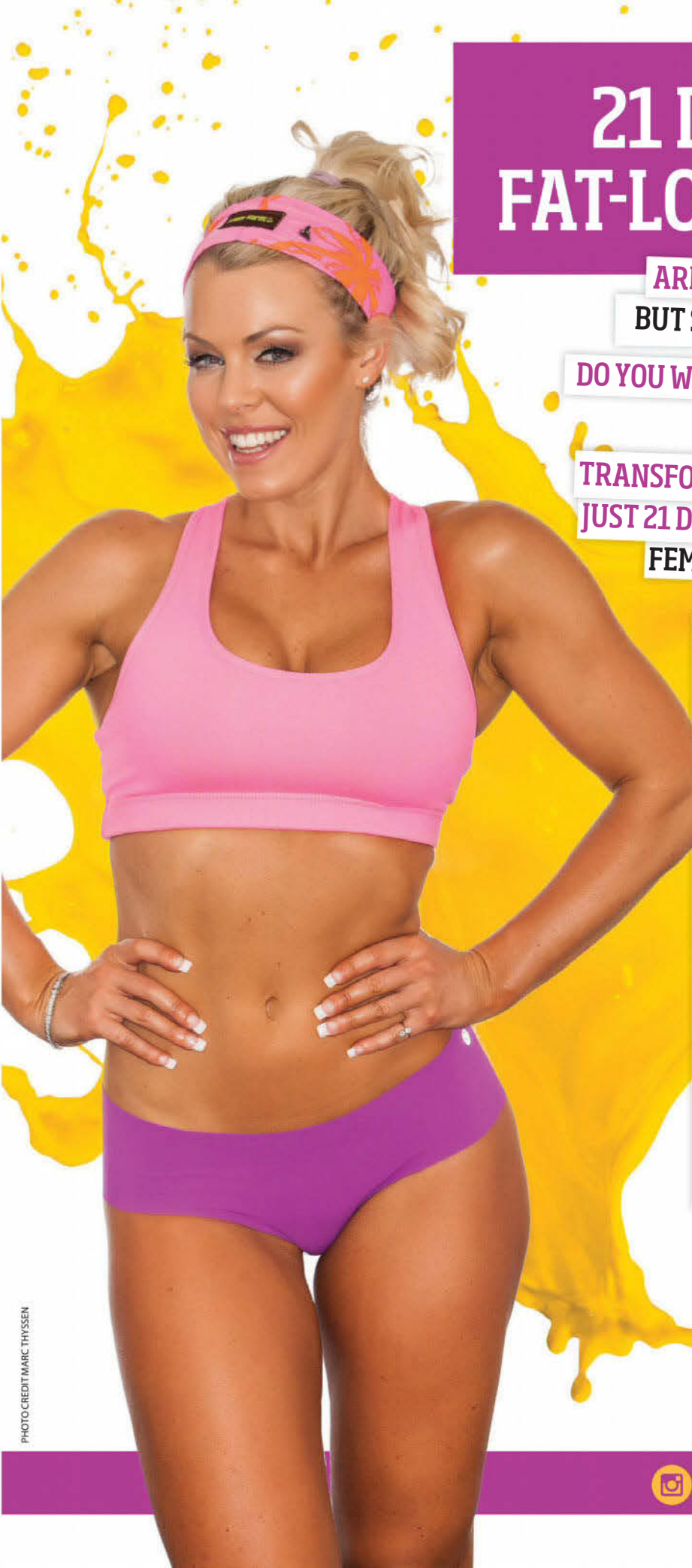
INFUSE IT WITH HEMP SEEDS:

Infuse any variety of nut milk with healthful essential fatty acids! Hemp seeds are soft and therefore don't need to be soaked; simply add 2 tbsp shelled hemp seeds to the blender along with other ingredients in step 2.



FLAVOUR IT: If you're using your nut milk in a smoothie, cereal or porridge, keep it plain. But if you're planning to sip it straight, try flavouring it with a touch of sweetener and unsweetened cocoa powder or heat with cinnamon, nutmeg and clove for an aromatic milk. (**NOTE:** Always heat on low; don't bring to a boil.) 





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Rachel Guy: Advice from a cover model

OXYGEN AUSTRALIA COVER MODEL RACHEL GUY SHARES HER SECRETS BEHIND HER HAPPY, HEALTHY AND CONFIDENT LIFE IN THE FITNESS INDUSTRY.

PHOTOGRAPHY BY DALLAS OLSEN

FAST FACTS

NAME: Rachel Guy

Age: 31

CITY: Sydney, NSW

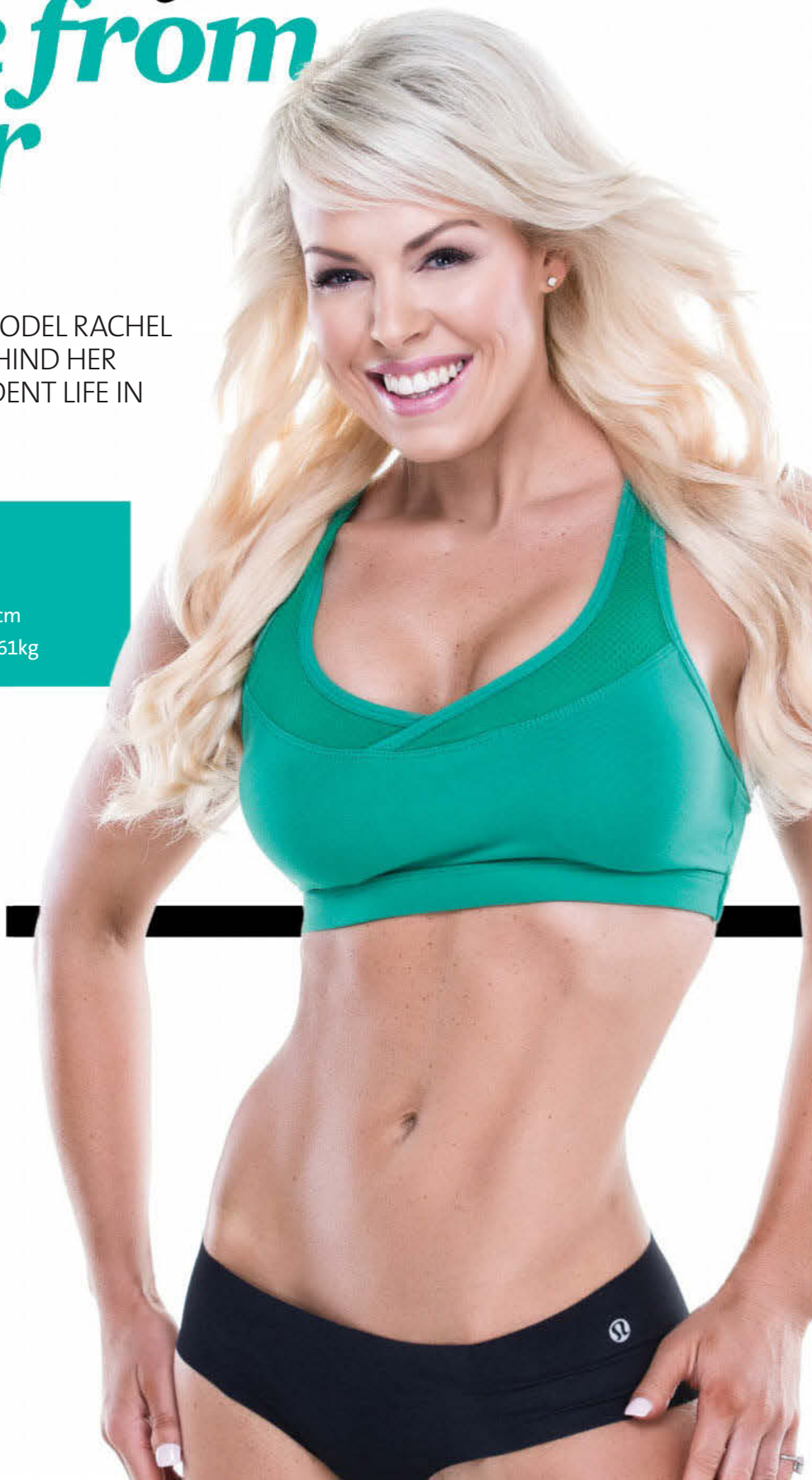
Height: 165cm

JOB: Fat Loss Coach

Weight: 59-61kg

Rachel Guy has been lifting weights since she was 13. As a very active child, she played all sports at school and cannot ever remember a time in her life where she hasn't trained.

"I remember my early years of lifting weights. I dislocated my shoulder when I was 13 and a surgeon advised me to start lifting weights as I was like a 'rag doll' and had very floppy joints. I went to the gym, rocked up in the weights room and started copying what people were doing. Obviously I had no idea what I was doing and I started working with trainers soon after. Today, I teach others to lift," Rachel says.



As a fat loss coach, Rachel loves to help others push their barriers and achieve amazing things. She walks the walk, not just talks the talk, and is always in great shape.

"I like to stay in shape year round because I like to feel good all the time. Being in shape is a lifestyle and it is vital for ongoing, long term health. I have to be on the ball to focus on my business and to help others develop a happy, healthy relationship with food," Rachel says.

Not only does she stay in shape because of her career choice, she also loves how it feels.

"I love to look decent in a bikini, to be happy, healthy and confident and not stressed about sticking to a very calorie restricted plan," Rachel says.

Rachel has had to overcome negative talk throughout her career; however it has never affected her as she remains focused on what is important.

"Funnily enough these comments come from people who are not in my inner circle. The comments come from people who do not know the hours of work that go into running a business or the number of women I help to become happier, healthier and more confident with food and training," Rachel says.

"To get where you want to be you must surround yourself with likeminded people who challenge you, support you and encourage you to chase your dreams. At the end of the day, if you are not chasing your dreams, you are building someone else's."

Having been in the fitness industry a while, Rachel knows it's all about balance and making fitness a part of your lifestyle.

"Train smarter not harder. It is important to realise you cannot smash yourself in the gym every single workout," Rachel says.

"If you want fitness to be a part of your life, it must become part of your lifestyle. If you dread every training session, you are probably heading down the wrong path," Rachel says.

Rachel is focused, driven and incredibly passionate. She knows from experience what works and is dedicated to helping others make health and fitness part of their lifestyle.

"My advice is to lift heavy enough weights to illicit change, get an experienced coach, follow the plan and above all, do the work needed. You cannot be upset with the results you didn't get with the work you didn't do," Rachel says.

Cover Girl Diet

My meats vary day to day but a typical day may look like:

Meal 1: Steak, macadamias and blueberries

Meal 2: Salmon, olive oil and veggies

Post-training Shake: Whey protein, glutamine, glycine, banana and berries

Meal 3: Turkey, basmati rice and veggies

Meal 4: Barramundi, wild rice and veggies

After Dinner: two squares 85% dark chocolate

I also have two serves of greens daily. Due to my work schedule, I fit in four meals plus one shake. They are larger meals and work well for me.



“If you want fitness to be a part of your life, it must become part of your lifestyle.”

Cover Girl Workout

Monday:

Cardio – sled pulls and farmers carry

Tuesday: Weights

A1) Snatch Grip Deadlifts 5x5

A2) Barbell Press 5x5

B1) Good Mornings 4x8

B2) Bent Over DB Rows 4x10

C1) Sled Rows 10 x 20m

Wednesday:

Outdoor intervals
sprints 10 x 20 seconds, 90 seconds rest

Thursday: Weights

A1) Paused Front Squats 5x3

B1) Lying Leg Curls 4x8

B2) Chin-ups 4x8

C1) Barbell Glute Bridges 3x20

C2) Dumbbell Lateral Raises 3x20

C3) Glute Ham Raises 3x20

Friday: Strongman or metabolic circuit

Saturday: Weights

A1) Deadlifts 6x3

B1) High Bar Back Squat 6x3

C1) Bench Press 4x5

C2) Kettlebell Swing 4x10

C3) Pendalay Row 4x5

C4) Battle Ropes 4x20

Sunday: Rest day



“There is no half way; you have to chase life, your dreams and your goals.”

For more information
on Rachel Guy visit
www.athleticfox.com

These **7** simple rules **COULD CHANGE YOUR LIFE**

EATING CHOCOLATE AND CHEESECAKE IS ALL PART OF HER "DIET" AND IF YOU LIKE THE SOUND OF THAT, READ ON TO LEARN WHY THOUSANDS OF PEOPLE ARE SAYING 'THANK YOU' TO LINDY FOR TELLING IT STRAIGHT.



NO FADS, NO GIMMICKS, NO PILLS, NO DIET SHAKES; just good, old-fashioned common sense. By applying the basic elements of fitness, health and good nutrition, you'll get maximum results sooner rather than later!

There's a common misconception that a "diet" has to be boring. Many also think a drastic, unpleasant change in your current eating regime will result in rapid weight loss, even though you struggle to "stick to it!"

Usually the person telling you what to eat will reinforce the need to eliminate entire food groups from your nutritional plan. Often they also encourage you to take some magic shake or pill to help speed up the weight loss process. More often than not you find yourself hungry, irritable and overtired from undereating and over stimulating your body; you come to a point where you just can't continue on your "diet".

If you're anything like me, you've tried every "diet" on the planet. Heck, I've probably tried over 20, and not a single one of them could I stick to for life. I was never happy with the results after I went back to eating "normally". Let's face it, no one can eat like a

rabbit or a caveman 100 per cent of the time. It's not a matter of 'if' you'll end your new found "diet," it's a matter of when!

Yo-yo dieting, skipping meals and deprivation-style diets are the quickest and most effective way to lower your metabolism. You'll lose a lot of water weight initially and then balloon back up to your starting weight, plus a few more kilos. Luckily, science has proven that depriving ourselves of the things we love and starving ourselves is not the way to go to achieve permanent lifelong fat loss.

If you've been following my transformation series in *Oxygen Australia* (issues 72, 73, 74, 75 and 76), you'll have read real life examples of how to get into shape (even after having a baby), without sacrificing your health or your sanity. I can tell you, your sanity is equally as important as your health!

I've listed the most important aspects from each article in this story, so you can get going right now. By changing a few simple things in your nutrition plan, you will not only be healthier, happier and more energetic, you'll also wish you had found the 7 Rules a whole lot sooner!



7 RULES FOR SUCCESS

1. ALWAYS EAT A LEAN SOURCE OF PROTEIN AT EVERY MEAL!

You can get your lean protein from many different sources. Some of these include chicken breast, lean beef, turkey, fish, kangaroo and egg whites. Eating enough protein is VITAL for muscle growth and repair, not to mention many other essential bodily functions!

If I eat well all week I always indulge in a few small treats on the weekends as my reward. This does two things: keeps me sane and keeps my body guessing as to what I'm doing. This approach seems to work well for me as I really look forward to the weekends. Chocolate, cheesecake and caramel slice...YUM!

2. ALWAYS EAT 5-6 MEALS EVERY DAY ABOUT 3-4 HOURS APART IN ORDER TO KEEP YOUR METABOLISM ON FIRE.

If you skip breakfast the chance of your metabolism becoming slow and sluggish is increased significantly. I want to make sure my metabolism stays revved up and in top gear throughout the day.

5. AVOID SUGAR AND LIMIT YOUR COMPLEX CARBS WITH YOUR LAST TWO MEALS UNLESS YOU ARE ACTIVE AT NIGHT!

Hidden sugar is the number one enemy for most 'saddle bag' sufferers and is a major reason why many people fall short of reaching their health and fitness goals. Read your food labels carefully and try to avoid rich sauces and fatty dressings that contain large amounts of sugar as they can be disastrous when trying to control your blood sugar levels and manage your weight. Excess consumption of complex carbohydrates in the later part of the day unless you are training can also contribute to an energy surplus and if you are not careful can be easily stored by the body for later use. Portion control is paramount!

3. EAT YOUR GREENS.

Try and eat at least five servings of fruit and vegetables a day as a means of helping boost immune function and reduce risk for chronic disease. Remember restricting any one of the major food groups can lead to a macronutrient imbalance and corresponding vitamin and mineral deficiency.

4. EVERY NINE OUT OF 10 MEALS YOU HAVE HAS TO BE IN YOUR PLAN.

In other words, if you are eating five times per day, you would eat 35 meals per week in total. Effectively 3.5 of them can be your choice – within reason of course! I call these my 'sanity meals', so try to find out what combination works best for you.

6. DRINK AT LEAST 500ML OF WATER WITH EVERY 10KG OF BODY WEIGHT*.

Water is my number one weight loss secret! It has no calories, sugar or fats and is a great way to quench your thirst without adding to your waistline. Many people often mistake thirst for hunger, so if you drink plenty of

water throughout the day, you may need less food to keep you feeling satisfied. Not to mention water is the only thing that will eliminate waste from your body. If you don't keep well hydrated your body simply cannot rid itself of those nasty toxins which inevitably end up on your thighs and hips.

* 4L Maximum

7. MOVE MORE!

Try to get yourself moving each day for a minimum of 30-45 minutes before your day begins. Whether you get outdoors for a walk or hit the gym, just remember to schedule it in before the day ends. I find it best to get it over and done with first thing in the morning. That way if I am tired from a hard day's work, it doesn't give me an excuse not to do it. Remember consistency is the key! This will kick-start your metabolism for the rest of the day and help you get revved up and off to a good start! Any type of regular physical activity, no matter how moderate, can help you to lose body fat. You can always increase the level of intensity to speed up your results.

To give you an idea on how to apply the rules, I've included the following sample diet options on the next page. Start putting the 7 Rules into practice and have fun creating your own versions with the foods you love.



SAMPLE DIET OPTIONS

* SAMPLE DIET OPTIONS APPROVED BY HARRIETT WALKER

PHOTO CREDIT: SHUTTERSTOCK.COM

MEAL 1	MEAL 2	MEAL 3
• Omelette with 2 yolks and 4 egg whites with 1 cup chopped veggies • 1 tub natural yoghurt with chopped nuts and 15g protein powder • Poached eggs with sliced avocado and steamed spinach • Roast veggie frittata with 1 piece soy and linseed bread • ½ cup quinoa flake porridge (cooked) with skim milk and chopped banana • ½ cup mixed berries with low fat Greek yoghurt and ¼ cup natural muesli • Smoked salmon and avocado egg white omelette with 1 piece rye toast	• Smoothie: chocolate whey protein, frozen berries, chia seeds and ice blended with ½ cup skim milk or almond milk • Chopped veggies and hummus • 12 almonds and mix seeds • Protein shake and a boiled egg • Egg white and mixed veggie muffin • Small handful of roasted chickpeas and chopped vegetables • Low fat Greek yoghurt mixed with 15g chocolate protein powder	• Grilled chicken breast on broccoli, quinoa and asparagus salad • Roast vegetable salad with baked chicken breast and half a cup of brown rice • Grilled fish with salad and half a cup of sweet potato • Chicken and quinoa salad with mixed nuts and rocket leaves • Turkey muffins with avocado and mixed green salad • Salmon patties with broccoli and asparagus • Spinach and mushroom baked frittata
MEAL 4 (PRE-WORKOUT)	MEAL 5	MEAL 6
• Small tub no added sugar natural yoghurt, ½ scoop chocolate whey powder mixed in • Protein shake and a piece of fruit • Small banana blended in skim milk • ½ cup oats mixed in low fat yoghurt with ½ chopped banana • Mixed berries or 3 chopped dates in low fat ricotta • Chocolate protein powder blended with ½ cup strawberries in almond milk • 3 small dried fruit pieces and 200ml skim milk	• 1 scoop whey protein, ½ frozen banana blended with ice, water and cinnamon • Scrambled egg whites with baked sweet potato • 200ml low fat skim milk and banana • Low fat Greek yoghurt with mixed berries • 1 slice rye toast with 2 tbsp low fat ricotta and ½ a banana • 200ml skim milk blended with frozen mango • Protein powder mix with coconut water	• Grilled salmon, 2 cups mixed green salad and ½ cup sweet potato • Chicken breast and 1-2 cups roasted mixed vegetables • Baked pork fillet with green bean salad and ½ cup quinoa • Mixed vegetable egg white frittata with avocado and 1 cup mixed greens • Moroccan spiced chicken with quinoa and broccoli salad • Eye fillet steak and 1-2 cups mixed green salad • Thai style fish and 1-2 cups steamed Asian greens



HARRIET WALKER

Harriet Walker is an Accredited Practising Dietician and personal trainer living and working in Canberra who loves inspiring her clients to improve their lifestyle and have them looking and feeling their best. She also works part time as a program coordinator at the Physical Activity Foundation helping to get kids more active, more often. When she is not working out in the gym or on the lake rowing, Harriet will be in the kitchen trying out new healthy recipes while listening to her most recent e-book to make sure she is on top of the latest information. To find out more about Harriet and the services she offers, head to www.harrietwalker.com.au.

TRAINING AND EXERCISE: CHOOSING YOUR FUEL

When planning your daily food intake, it's important to take into consideration your activity levels and training schedule. On days where training intensity is high, more food will be needed to fuel your workouts than on days when you are less active. By doing a little bit of planning ahead, you will get the right balance.

Also note the pre- and post-training meals are where the concentration of carbohydrate content is, this an important part of Lindy's eating guidelines. This is done specifically so you have enough readily available energy from carbohydrates to get you through your workout and to replenish energy stores and assist in muscle recovery. The type of carbohydrate you consume before training will also be affected by the type of training you are undertaking, as well as the time at which you train.

If you are doing a shorter but higher intensity workout, or need to boost your energy levels quickly before morning training, you may benefit from easily portable, higher GI sources of carbohydrates like a ripe banana or rice cakes. For longer, strength based training carbohydrate intake is still very important, however lower GI sources may be more appropriate for sustained energy.

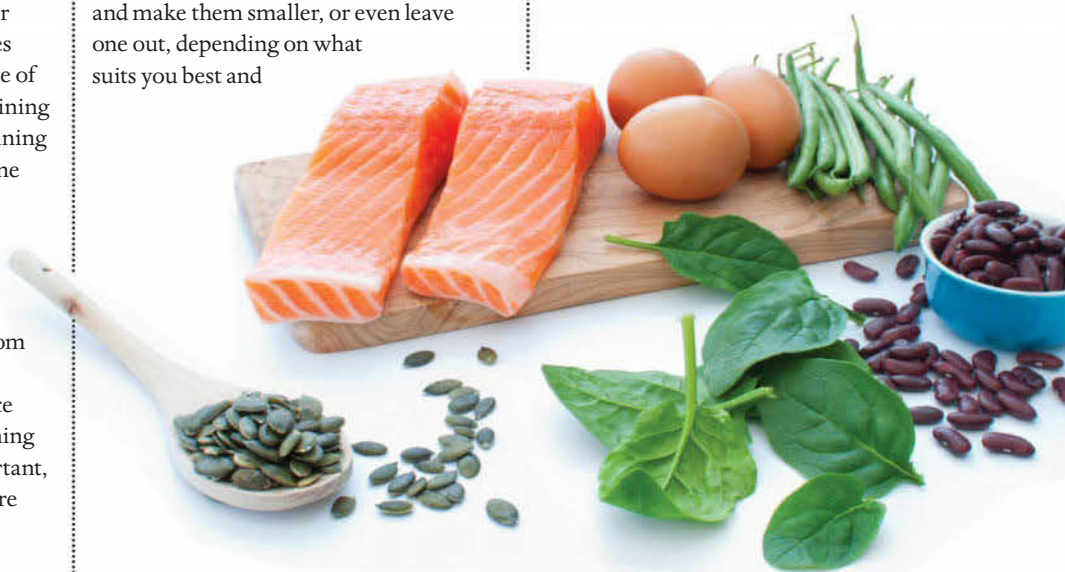
The pre- and post-workout meals are situated later in the day on this sample diet, however they should be moved around

to suit your personal training schedule. It's important for performance and for long term body composition goals to get the timing of your meals right. Morning training can get tricky but easily prepared and quickly digested pre-workout meals such as protein shakes and fruit can make it a lot easier. Ensuring that the post-workout meal is eaten as soon as possible after a training session, ideally within half an hour, will also maximise your results from training.

On days when you are not undertaking exercise you can still stick to the six meals and make them smaller, or even leave one out, depending on what suits you best and

taking into account your overall intake. The key is remembering that both carbohydrates and fats provide us with fuel, so on days when you are less active and not in need of as much energy, be sure to moderate your intake to match your activity levels. It may take a little time and experimentation to see what suits you best, however my 7 Rules will help you structure a diet that works.

These choices are only intended as a guide. For individualised nutrition advice, be sure to consult with a nutrition professional.



TRAINING AND EXERCISE: THE BASICS

My workout

I follow a four-day split, ensuring that I am working my body in the most functional way possible. I usually make sure my rep range is between 8-12 and I do my 5 sets (2 warm-up, 1 prep, and 2 working sets). Warm-up should be light to warm up the muscle, and the prep set is usually about 60 per cent of my working weight and the last two sets I struggle to get to 12, but I make sure that my form is always spot on and never use momentum. If you're using any momentum, then drop the weight down and leave your ego at the door.





Now you can view
Lindy's workout
wherever you are.

Scan the QR code for your
exclusive sneak-peek.



WHAT GETS THE BEST RESULTS?

Your results are usually a direct reflection of two things - consistency and commitment. Nothing less will ever get you any real results. For many people, cardiovascular training on a treadmill is much more enjoyable when watching a TV program or movie. If time goes by quickly, your workout is over before you even realise you've raised a sweat! Just make sure your cardio workout keeps you at your target heart rate for at least 20 minutes, three times per week, for general health. If your goal is to lose body fat, try to work out aerobically for at least 30-45 minutes, four times a week.

New research shows that fat burning can be enhanced even further if you take amino acids before your cardio workout. The

general recommendation is to go with 3-6g of an amino acid product which contains: alanine, arginine, cysteine, glutamic acid, glycine, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, serine, threonine, tryptophan, tyrosine and valine. The best two I've found are Musashi's 'Fat Metabolising Formula' (a liver tonic and fat burner) and L-Carnitine. I ingest these pure aminos before every workout - rain, hail, or shine! L-Carnitine helps to convert your body's fat reserves into energy for use during your workout. Take these 20 minutes before you start exercise and you're set to go!! (Disclaimer - I am sponsored by Musashi)

Another option is to go with 10-20g of pure whey protein isolate or hydrolysate. Just be sure the product contains no additional carbs or fat.



After a decade of helping women and men of all ages achieve an energy filled life, full of inspiration, passion and self belief, Lindy has always been a leader in both her personal and professional life. Lindy ensures she always delivers the very best in health, fitness and nutrition in every edition of Oxygen Australia. Now you can share your own personal journeys of triumphs and tears with her by tracking your progress in your very own lifestyle journal.



HOW DO YOU WORK OUT YOUR TARGET HEART RATE?

To figure out which zone you need to work at to burn the most fat (rather than your precious muscle tissue), you first need to find your target heart rate. There are several ways of doing this. One of the best methods I use is the Karvonen formula. You can use any number of target heart rate calculators to get your heart rate zone, but many of them do not take into consideration your resting heart rate (which makes the calculation more accurate).

Follow the example below for a 33-year-old individual with a resting heart rate of 65 beats per minute (to work out your resting heart rate, take your pulse for one full minute).

$$220 - 33 (\text{age}) = 187$$

$$187 - 65 (\text{resting heart rate or RHR}) = 122$$

(your heart rate 'reserve', or what you have to work with)

$$122 \times 65\% (\text{low end of heart rate}) \text{ OR } 85\% (\text{high end}) = 79.3 \text{ OR } 103.7$$

$$79.3 (\text{low end}) + 65 (\text{RHR}) = 144.3$$

$$103.7 (\text{high end}) + 65 (\text{RHR}) = 168.7$$

Therefore, the 65-85 per cent target heart rate zone for our person above would be 144 to 168 beats per minute (bpm).

For this person to make sure they were in the ideal 'fat-burning' zone, they would need to try to sit around 144bpm or lower. However, if our case study wanted to work in the 'cardio' zone, she would have to stay around 144bpm or higher.

Don't get me wrong, you are still burning fat while working out at a 'cardio' heart rate, but in different percentages. This is a huge misconception in the fitness industry. Now listen up and you'll get the correct information, right from the horse's mouth!

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A *perfect job fit*

When the alarm sounds at the Airservices Aviation Rescue Fire Fighting station at Adelaide Airport, new recruit Melanie Baum knows she must be mentally and physically prepared for any number of situations.

“We train for all scenarios. You could be faced with anything ranging from a first aid medical response to an aviation incident, a structure fire or motor vehicle accident in or around the airport,” Melanie says.

As the saying goes if you choose a job you love, you’ll never have to work a day in your life. They must have been talking about fire fighting.

For Melanie the role seems a perfect fit.

“For me the most rewarding part of the job is helping people. You get a lot of job satisfaction knowing that you’ve been able to help a member of the public in their time of need,” she says.

It’s a physical, hands on job, but if you love your fitness, it could just be your dream role.

“You need to be physically fit and strong. The job requires you to drag a lot of hoses around, carry and use heavy equipment or rescue casualties; all while wearing full fire fighting gear including a breathing apparatus,” she says.



“For someone who enjoys keeping fit, this job is very appealing. We train through drills as a crew every shift to develop and maintain our fire fighting skills. We also maintain our own fitness as we are allocated time each day to train in the gym facilities at the station.”

Having started her career as a regular fire fighter in the Northern Territory, Melanie joined the Airservices Adelaide fire station earlier this year to be closer to family.

Aviation Rescue Fire Fighting may not be as well known as its metropolitan fire fighting counterparts, but Airservices manage one of nation’s largest fire services, with more than 900 full time fire fighters stationed at 26 airports nationally.

The recruitment process for the job involves a pre-employment physical, which

includes the beep test and a range of fire fighting related functional tests.

“Personally, I found the physical testing process not too difficult as I already had a fairly high level of fitness and strength. In the lead up to the physical, I researched what was involved and made sure I was well prepared. I practised the beep test often ensuring I could easily make the pass level of 9.6. I was also playing sport and doing a lot of weight training,” she says.

The close-knit team environment and daily physical challenges ensure this young fire fighter heads to the airport fire station excited ahead of every shift.

“You build a really tight bond that I don’t think you could compare to any other job. It really is the best job in the world,” she says.

The next round of recruitment for aviation rescue fire fighters will open in late 2015, but you can find out more about the role now via www.airservicesaustralia.com/careers

SIMPLE PROTEIN-PACKED DINNER IN MINUTES!

BY JESSIE SHAFER, RD // PHOTOGRAPHY BY CORY SORENSEN

Don't settle for boring chicken — start your taste buds clucking again with these quick and easy five-ingredient recipes.

1

CHICKEN
BREAST

6

WAYS

Bonus: the flavour is big, but the grocery list is short!

// FOR MANY OF YOU, boneless, skinless chicken breasts are your go-to protein for meals. And for good reason: chicken cooks quickly, it's not messy, it doesn't burn through your grocery budget and it tastes good with almost anything. But if your chicken dinners are starting to lack lustre and you're craving something new, try these big-flavour recipes on for size. For a serves-four meal, start by buying 600 g to a kilo of boneless chicken breast halves plus the easy-to-find ingredients in one of our Fast Five lists. You're halfway to dinner already!

**FIVE
INGREDIENTS
OR LESS!**





TIP: Although barbecues are an Australian favourite, they often see us consuming far too many calories! Try this recipe out, at only 400 calories, we guarantee it will bring back your fond memories of barbecues with friends and family.

BARBECUE PICNIC CHICKEN

MAKES 4 SERVINGS

Serving size: 1 chicken breast half with ½ cup topping

Total time: Marinating time + 25 to 35 minutes

Hands-on time: 15 minutes

Ingredients:

4 (150 to 250 grams) boneless, skinless chicken breast halves
1 cup barbecue sauce
3 cups coleslaw mix
½ cup coleslaw dressing

2 tablespoons cooked, crumbled bacon
12 round dill pickle slices, chopped

Directions:

Place chicken in a shallow bowl. Pour barbecue sauce over chicken; refrigerate 30 minutes or up to six hours to marinate. Remove chicken from sauce, letting excess drip back into bowl; reserve sauce. Sauté, bake or grill chicken. Brush or drizzle half of the reserved barbecue sauce over chicken during the first five minutes of sautéing, baking or BBQ. Discard the

remaining barbecue sauce. Meanwhile, in a large bowl, combine the coleslaw mix and coleslaw dressing; refrigerate until chicken is done. To serve, top each cooked chicken breast with about ¼ of the prepared coleslaw. Sprinkle crumbled bacon pieces and chopped dill pickles over the slaw.

Nutrition per serving: 403 calories, 12 g total fat (2 g saturated fat, 0 g trans fat), 1,160 mg salt, 36 g carbohydrates, 2 g fibre, 29 g sugars, 44 g protein

TAKE IT TO GO!

Have leftovers from one of these chicken meals? Pack it up for tomorrow's lunch. Here's why: the body benefits of protein may be enhanced if your intake happens throughout the day. Results of a recent study published in *The Journal of Nutrition* indicate that spacing protein intake across your meals is more beneficial than increasing protein. Scientists measured rates of muscle protein synthesis in healthy adults after feeding them similar diets with different distributions of protein. They found muscle synthesis was 25 per cent greater among those who consumed even distributions of protein throughout the day compared to those who ate the bulk of their protein at dinnertime.

CHICKEN CAPRESE**MAKES 4 SERVINGS**

Serving size: 1 chicken breast half with a generous ½ cup topping

Total time: Marinating time + 25 to 35 minutes

Hands-on time: 15 minutes

Ingredients:

4 (150 to 250 grams) boneless, skinless chicken breast halves
1 cup plus 1 tablespoon balsamic vinaigrette
1 cup grape tomatoes, quartered
115 g fresh mozzarella pearls
½ cup prepared pesto
¼ teaspoon coarse salt
⅓ teaspoon black pepper
Fresh basil leaves, optional

Directions:

Place chicken in a shallow bowl. Pour 1 cup of the balsamic vinaigrette over chicken; refrigerate 30 minutes or up to four hours to marinate. Remove chicken from marinade, then discard marinade. Sauté, bake or grill chicken. Meanwhile, in a large bowl, combine quartered tomatoes, mozzarella pearls, 1 tablespoon balsamic vinaigrette, salt and pepper. To serve, top each cooked chicken breast with 2 tablespoons of the prepared pesto and ½ cup of the tomato mixture. If desired, garnish with basil.

Nutrition per serving: 416 calories, 21 g total fat (6 g saturated fat, 0 g trans fat), 780 mg salt, 6.5 g carbohydrates, 1 g fibre, 3 g sugars, 46 g protein

↑ FAST FIVE: BALSAMIC VINAIGRETTE / GRAPE TOMATOES / FRESH MOZZARELLA PEARLS / PREPARED PESTO / FRESH BASIL LEAVES

TIP: The pesto in this dish bumps up the ratio of unsaturated fats, which can be beneficial to your cholesterol levels.

CHICKEN FLORENTINE

MAKES 4 SERVINGS

Serving size: 1 chicken breast half with ¼ cup topping

Total time: 35 to 45 minutes

Hands-on time: 25 minutes

Ingredients:

2 ½ teaspoons lemon pepper seasoning, divided

4 (150 to 250 grams) boneless skinless chicken breast halves

2 tablespoons pine nuts

4 cups loosely chopped, loosely packed fresh spinach

1 cup light cream cheese

½ cup non-fat milk

Directions:

Sprinkle 2 teaspoons of the lemon pepper seasoning over both sides of the chicken, pressing seasoning into chicken with your fingers. Saute, bake or grill chicken. Meanwhile, place pine nuts in a large non-stick pan over medium-high heat. Toast pine nuts, stirring often until browned and fragrant, about two minutes. Remove pine nuts from pan and set aside. Add spinach to pan over medium heat; saute until spinach begins to wilt. In a medium bowl, whisk together light cream cheese and low-fat milk until cream cheese is softened. Pour cream cheese mixture into pan

over spinach. Stir and heat until mixture is melted and creamy; stir in ½ teaspoon lemon pepper seasoning. To serve, top each cooked chicken breast with the spinach mixture. Sprinkle toasted pine nuts over top. If desired, serve with lemon wedges on the side.

Nutrition per serving: 389 calories, 16 g total fat (6 g saturated fat, 0 g trans fat), 328 mg salt, 33 g carbohydrates, 4 g fibre, 5 g sugars, 45 g protein

TIP: To round out this Italian meal, serve it over a bed of whole grain pasta or a side of roasted vegetables, such as asparagus or capsicum.

→ FAST FIVE / LEMON PEPPER SEASONING / PINE NUTS / FRESH SPINACH / LIGHT CREAM CHEESE / MILK

TIP: The avocado and corn increase the fibre in this recipe, causing the meal to digest slowly and keeping your tummy satisfied for hours.

FAST 3: SMOKED PAPRIKA / GARLIC POWDER / AVOCADO / CORN KERNELS / JARRED ROASTED RED CAPSICUM

PERFECT PROTEIN

You already know that protein is a key nutrient to fuel your active lifestyle and that it helps you maintain, repair and build your body's cells. What you may not know is that protein is also a necessary component of your diet because it produces the enzymes responsible for every reaction your body performs, from digesting food to keeping your metabolism in motion. When it comes to picking proteins, chicken is a great choice because it's a high-quality protein, meaning that it contains all of the essential amino acids your body needs and does not make on its own.

TEX-MEX CHICKEN

MAKES 4 SERVINGS

Serving size: 1 chicken breast half with ½ cup topping

Total time: 25 to 35 minutes

Hands-on time: 15 minutes

Ingredients:

½ tablespoon smoked paprika
2 teaspoons garlic powder
¼ teaspoon coarse salt
½ teaspoon black pepper
4 (150 to 250 grams) boneless, skinless chicken breast halves
1 medium avocado, diced
1 cup fresh or frozen corn kernels, thawed if frozen
¼ cup sliced jarred roasted red capsicum

Directions:

Combine paprika, garlic powder, salt and pepper; set aside 2 teaspoons of the spice mixture. Sprinkle the remaining spice mixture over both sides of the chicken, pressing it into chicken with your fingers. Sauté, bake or grill chicken. Meanwhile, in a large bowl, combine the avocado, corn, and red capsicum. Sprinkle reserved spice mixture over ingredients in bowl and toss. To serve, top each cooked chicken breast with about ½ cup of the avocado mixture.

Nutrition per serving: 335 calories, 12 g total fat (2 g saturated fat, 0 g trans fat), 348 mg salt, 16 g carbohydrates, 5 g fibre, 2 g sugars, 41 g protein



TIP: The beans and fresh tomatoes, onions, and capsicum in the fresh tomato salsa help this dish pile on the potassium, an essential electrolyte that helps regulate blood pressure.

CHICKEN WITH FRESH BEAN SALAD

MAKES 4 SERVINGS

Serving size: 1 chicken breast half with ½ cup bean salad

Total time: Marinating time + 25 to 35 minutes

Hands-on time: 15 minutes

Ingredients:

4 (150 to 250 grams) boneless, skinless chicken breast halves
1 cup plus 2 tablespoons Italian salad dressing
1 cup purchased fresh tomato salsa

1 400g can pinto beans (or black beans), drained and rinsed

¼ cup crumbled feta cheese

¼ cup sliced green onions

Directions:

Place chicken in a shallow bowl. Pour 1 cup of the Italian dressing over chicken; refrigerate 30 minutes or up to four hours to marinate. Remove chicken from marinade, letting excess drip back into bowl; discard marinade. Saute, bake or grill chicken. Meanwhile, in a large

bowl, combine fresh tomato salsa, pinto beans, feta cheese, and 2 tablespoons Italian dressing; toss to combine. To serve, spread ½ cup of the bean mixture on each of four serving plates. Slice cooked chicken breasts and place over bean mixture. Sprinkle sliced green onions over servings.

Nutrition per serving: 354 calories, 10 g total fat (3 g saturated fat, 0 g trans fat), 537 mg salt, 19 g carbohydrates, 5 g fibre, 5 g sugars, 44 g protein

THREE EASY WAYS TO COOK CHICKEN

1) Sauté It: place a non-stick pan over medium-high heat until warm. Remove pan from heat and spray it with non-stick cooking spray. Return pan to heat and add chicken. Cook chicken six to eight minutes on each side until cooked through.

2) Bake It: preheat oven to 200 degrees. Spray a baking dish with non-stick cooking spray. Add chicken to baking dish. Bake, uncovered, for 18 to 20 minutes or until cooked through.

3) Grill It: preheat grill to medium-high heat and brush the grill grate with oil. Cover grill. Grill chicken for 10 to 12 minutes or until cooked through, turning once.

To tell if the chicken is done cooking, use a thermometer to confirm it's heated to 75 degrees.

TROPICAL CHICKEN

MAKES 4 SERVINGS

Serving size: 1 chicken breast half with ½ cup topping

Total time: Marinating time + 35 to 45 minutes

Hands-on time: 25 minutes

Ingredients:

4 (150 to 250 grams) boneless, skinless chicken breast halves

1 cup teriyaki sauce

Juice of 1 lime, divided

1 tablespoon olive oil

1 cup thinly sliced red onion (1 small)

1 cup diced fresh pineapple (or 500 g can chopped pineapple, drained and cut into smaller pieces)

½ cup diced jarred roasted red capsicum

½ teaspoon coarse salt

½ teaspoon black pepper

Directions:

Place chicken in a shallow bowl. Combine teriyaki sauce and juice of half the lime; pour over chicken. Refrigerate 30 minutes or up to four hours to marinate. Remove chicken from marinade, then discard marinade. Sauté, bake or grill chicken. Meanwhile, in a medium pan, heat olive oil over medium-high heat. Sauté the onion for two minutes. Stir in the pineapple, red capsicum, salt and pepper. Squeeze juice from the remaining half of the lime over pan mixture; cook one to two minutes. To serve, top each cooked chicken breast with ½ cup of the pineapple mixture.

Nutrition per serving: 277 calories, 8 g total fat (2 g saturated fat, 0 g trans fat), 157 mg salt, 42 g carbohydrates, 1 g fibre, 7 g sugars, 39 g protein

↑ FAST FIVE: TERIYAKI SAUCE / LIME JUICE / RED ONION / CANNED OR FRESH PINEAPPLE / JARRED ROASTED RED CAPSICUM

TIP: You get a taste of three of the food groups in this dish. To round out the meal and take it on the go, slice the chicken and stuff it into a whole grain pita, then top with the pineapple mixture.

10

ways to stick to your diet

ARE YOU ABLE TO STICK TO YOUR HEALTH AND FITNESS PROGRAM, INCLUDING YOUR DIET? OR DO YOU START WITH A PLAN ON MONDAY AND GIVE UP BY THURSDAY? WE ARE ALL SUCCESSFUL IN SOME WAY IN OUR LIVES AND THIS SUCCESS CAN EASILY BE APPLIED TO HEALTHY EATING AND OUR MEAL PLAN.

WORDS: GEOFF EDWARDS

1. Review your successes

What successes have you achieved in your life so far? Frequently we don't have time to reflect on our successes. When you know how you achieved a goal or outcome, the same knowledge can be applied to your healthy eating approach. It is important to step away from your busy lifestyles and reflect on all-important aspects of your life and your successes. In the successful area you have chosen, what do you believe made you successful? How did you focus on your goal? What plans did you put in place? Once you know these answers, apply them to your diet.



2. Have clarity on your vision

A vision is an excellent way to create your future by gathering things that clarify, concentrate and maintain focus on a specific life goal. Literally, a vision represents where you want to be. While you may use any medium for recording your vision, decide on one that suits you, for example, a vision board, or a display on your computer screen or mobile device. What is the point? Simply put, we humans are a very busy species and are constantly bombarded by distractions. Making use of your vision serves several purposes, some of which include helping you to achieve your health ambitions. And, just imagine how you will feel when you achieve your vision.

3. Things do add up

Decide, with the right dietary advice, what food plan you will use and how you will manage that in all social situations and holidays. Sometimes it's the small things that add up and we need to learn to say NO and remember our ultimate vision. We all deserve rewards; however it is important to choose wellbeing related rewards rather than food options. Perhaps take a trip to the spa rather than the store to buy that block of chocolate.



4. Notice that success accumulates

In working with clients, one of the most important aspects in achieving success is that success accumulates. A useful exercise with this is to note your successes at the end of the day and you will feel inspired to "go the extra mile" the next day. This is a mental conditioning exercise that over time builds your beliefs. Also, remember that "success breeds success".

5. Mix the routine

Variation is the key to any successful approach. Investigate different healthy eating options, planning your meals ahead through weekly shopping and buying organic. Have the right amount of each food group to suit your body type and your goals. Vary the approach week by week.



6. Change your mindset

After you have done some work on building your own personal power related to healthy eating, you'll potentially encounter obstacles. These could be regarding past relationships with foods or old habits. Remember that it's all a state of mind and changing

your mind can be done very quickly. The way you see the world is based on your mental images, sounds and feelings. What you are really doing is changing your mental CD. By knowing your internal communications, your rules, references, beliefs, perceptions and associations,

you can create a change in your mindset that will help you get past your obstacles, no matter how many times they come up. By knowing yourself, you can work with others to create outcomes that are beneficial.



7. Partner with a coach and buddy

Start by finding like-minded workout buddies to ensure success for you with your healthy eating options. Through a congenial atmosphere, rather than a competitive one, you can stay motivated. Members of a group can offer encouragement and push each other to reach goals. When someone has a bad day, the group is there to lift their spirits and sympathise. A buddy can be a great help in ensuring you eat healthily on a regular basis and in doing so, this helps you achieve your fitness and weight loss goals, no matter whether you're exercising at home, in the park, or in the local gym.

10. Diary

Find a journal or a place where you could record aspects for your life each day using this template and your goals as a reference and see what evolves. Overall, this will create your own success story and you will have your own life book.

Writing and recording is a great way to plan and achieve success with your healthy eating. There are many different types of diaries and you can also create your own. An important aspect of this is to note how you feel each day as this can govern what you eat. Taking note of your feelings over a week will show patterns in eating, successes, challenges etc. This will provide you with insights on your behaviour and opportunities to change.

8. Find what works for you

To develop your own success story, use the following components as a template:

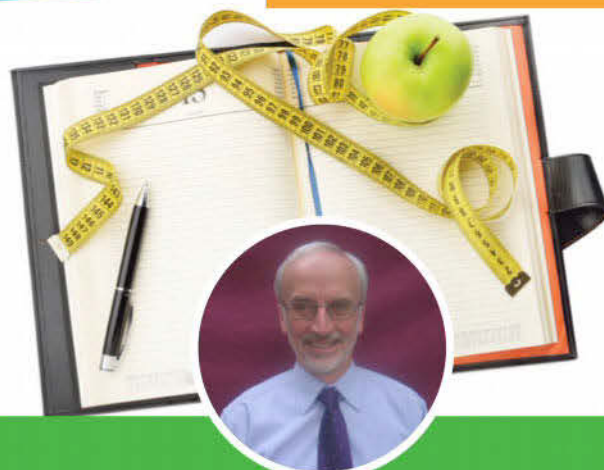
- ☐ A vision of the future
- ☐ Relevant photos in your life
- ☐ Goals and actions
- ☐ Insights and achievements
- ☐ Important people your life
- ☐ Strengths and weaknesses
- ☐ Beliefs, drivers and a balance view
- ☐ Tools and resources

9. Create Success Habits

Every habit, whether it is related to goals, results, taking action, people, honesty, or self-discipline, can and must be developed for greater success. Overcoming unproductive habits requires us to establish new ways of thinking. By re-enforcing these new habits on a regular basis and creating momentum, the old habits will be overcome. Take the following steps to change a habit:

- ☐ decide you definitely want to do this;
- ☐ become conscious of your unproductive habit and when it occurs;
- ☐ find more reasons to change versus not to change;
- ☐ adopt a new habit;
- ☐ repeat the process until it lasts; and
- ☐ reward yourself

If you have practised this enough, when you come to the real situation, there will be no issue.



Geoff Edwards is an internationally accredited Life Coach with over 25 years of coaching experience who can support you on your journey to success with results that last. He can be contacted via geoffedwards@bigpond.com or through his website www.geoffedwards.net or Facebook: <https://www.facebook.com/geoff.edwards2>



If you would like to develop your own personal success plan related to health and fitness contact me via geoffedwards@bigpond.com

YOU ASKED:

What are the best foods to eat before a workout and when should I eat them?

NUTRITION EXPERT DEIDREE TAYLOR ANSWERS!

DO YOU EVER FEEL LIKE YOUR TRAINING SESSION IS RUNNING ON EMPTY?

Though widely overlooked, pre-exercise snacks play an integral role in giving your body the energy it needs to fuel your workout, plus enhance your ability to exercise longer, harder and build muscle.

What you should eat prior to exercise depends on the type of exercise you are performing. The energy to exercise comes from glycogen, a stored form of glucose, derived from the breakdown of carbohydrates. Glycogen is found in muscles and the liver and is the go-to energy shop during exercise.

Whatever your intended training session, the basic principle stands; in order for our muscles to perform at their optimum exercise capacity, they need fuel supplied via blood glucose. As you can store only small amounts of glucose in your working muscles, before you exercise you need to supply the body with enough glycogen. The best way to do this is to have a pre-workout snack. Foods that adequately supply our working muscles come primarily from carbohydrate sources. Whether you are lifting weights, resistance training or getting in some cardio, you will be using high amounts of energy and need a proper pre-workout snack to ensure your muscles work efficiently and effectively and to reduce muscle breakdown.

How long before exercise should you eat?

The timing of a pre-workout snack depends on the type of exercise you are performing. Longer endurance exercise needs a longer sustained nutritional intake of carbohydrates, allowing a gradual release enabling the body to actively work longer before fatigue sets in. If you're running a long distance event or setting yourself up for a grueling endurance event, your body will work best if you eat 3-4 hours before the start time. This

allows for maximum digestion and reduces the risk of stomach discomfort.

For your regular daily workouts, 45-60 minutes prior to your session is sufficient. A combination of both carbohydrate and protein will give you the extra energy to lift heavier and for longer. Research indicates eating carbohydrates with a small amount of protein prior to resistance training will help stimulate post exercise muscle growth. So, get eating and watch those muscles grow.

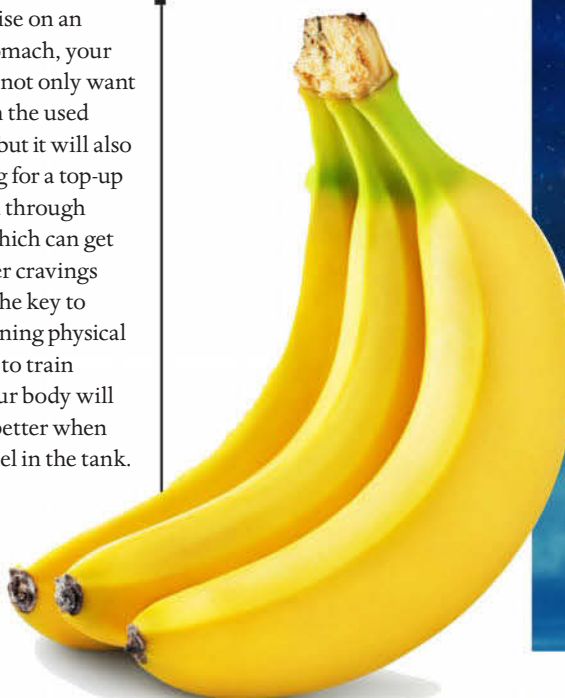


“Your body will perform better when there is fuel in the tank.”

What should you eat before you exercise early in the morning?

The body uses more body fat in a fasted state. However if your goal is to improve performance or build muscle, a small meal prior to exercise will be beneficial. After fasting overnight during sleep, the body's glycogen levels reduce significantly. So, a pre-training snack before your early morning session will sustain your session. A pre-workout snack before your morning exercise session helps reduce over-eating after your

training session. When you exercise on an empty stomach, your body will not only want to reclaim the used glycogen but it will also be looking for a top-up to get you through the day which can get the hunger cravings started. The key to early morning physical activity is to train smart, your body will perform better when there is fuel in the tank.



Do you need to eat a snack before an evening training session?

Whether or not you need a pre-workout snack or meal for an evening training session depends solely on when you last ate during the day. The best way to add one is to eat your afternoon snack to coincide with your workout. If you feel that the time lapse between your afternoon snack and your exercise is too long, opt for a small snack to top up your glycogen stores.

What if you have no time for a pre-workout snack?

We all get busy and it is easy to forget to fuel up an hour before exercise. But research indicates even a quick

snack right before you start your workout has a positive effect on your ability to exercise longer and

harder. Just be mindful not to overload your body while snacking and then get straight into it. If you hit the

snacks too heavily before a workout, you may get gastrointestinal discomfort from exercising on

undigested foods. The humble banana is great in this circumstance as it delivers fast acting carbohydrates.

What are the best pre-workout snacks?

Choose foods low in GI with a small amount of protein (save your higher protein intake until after your workout for muscular recovery). Snacks with a low GI allow a slower release of glucose into the bloodstream, helping to maintain fullness and energy levels. Keep your snacks low. High fat foods prior to exercise reduce the stomach's ability to empty, which can leave you feeling bloated and overfull.



Breakfast or morning snacks

- » **Banana smoothie:** – banana, skim milk (or almond, soy or coconut milk) and cinnamon
- » **Wholegrain toast:** with an egg or baked beans
- » **Wholegrain oats:** with berries and a dollop of low fat natural yogurt
- » **Wholegrain oats:** mixed with cooked egg whites (top with cinnamon to help stabilize blood sugar)
- » **Berries:** with low fat natural yoghurt
- » **Unsweetened cereal:** with non fat milk
- » **Egg white omelet:** with vegetables

Afternoon or evening snacks

- » **Low fat cottage cheese:** with strawberries or pineapple
- » **Wholegrain rice cakes:** with a small amount of peanut butter
- » **Raw veg sticks:** with hummus
- » **Banana or apple:** with peanut butter
- » **Apple:** with a handful of almonds
- » **Brown rice:** with chicken and pineapple
- » **Sweet potato:** with small amount of chicken or low fat cottage cheese
- » **Small bowl of pasta:** mixed with low fat cottage cheese and a few vegetables
- » **Small wholegrain roll:** with turkey and salad



Remember to hydrate.

Although food enables our bodies to exercise efficiently, never start your exercise without first ensuring you are adequately hydrated. This will reduce the risk of dehydration, help the body regulate body temperature, prolong endurance training and maintain muscular strength.



Dee Taylor is a nutrition and fitness writer, certified personal trainer, group fitness instructor and in her final semester of a Health Science degree majoring in nutrition at the University of Queensland. Her studies are focused on understanding health behaviors, crucial to identifying health related behavioral patterns needed to navigate successful health changes. She holds memberships with Nutrition Australia, Fitness Australia and Forum Speakers and actively conducts speeches on nutritional related topics.

Go by the mantra, 'what you get out of your body depends on what you put into it.' Don't forget this includes before your workout as well as after. Fuel your workout with these simple snack ideas and get moving with all that extra energy.

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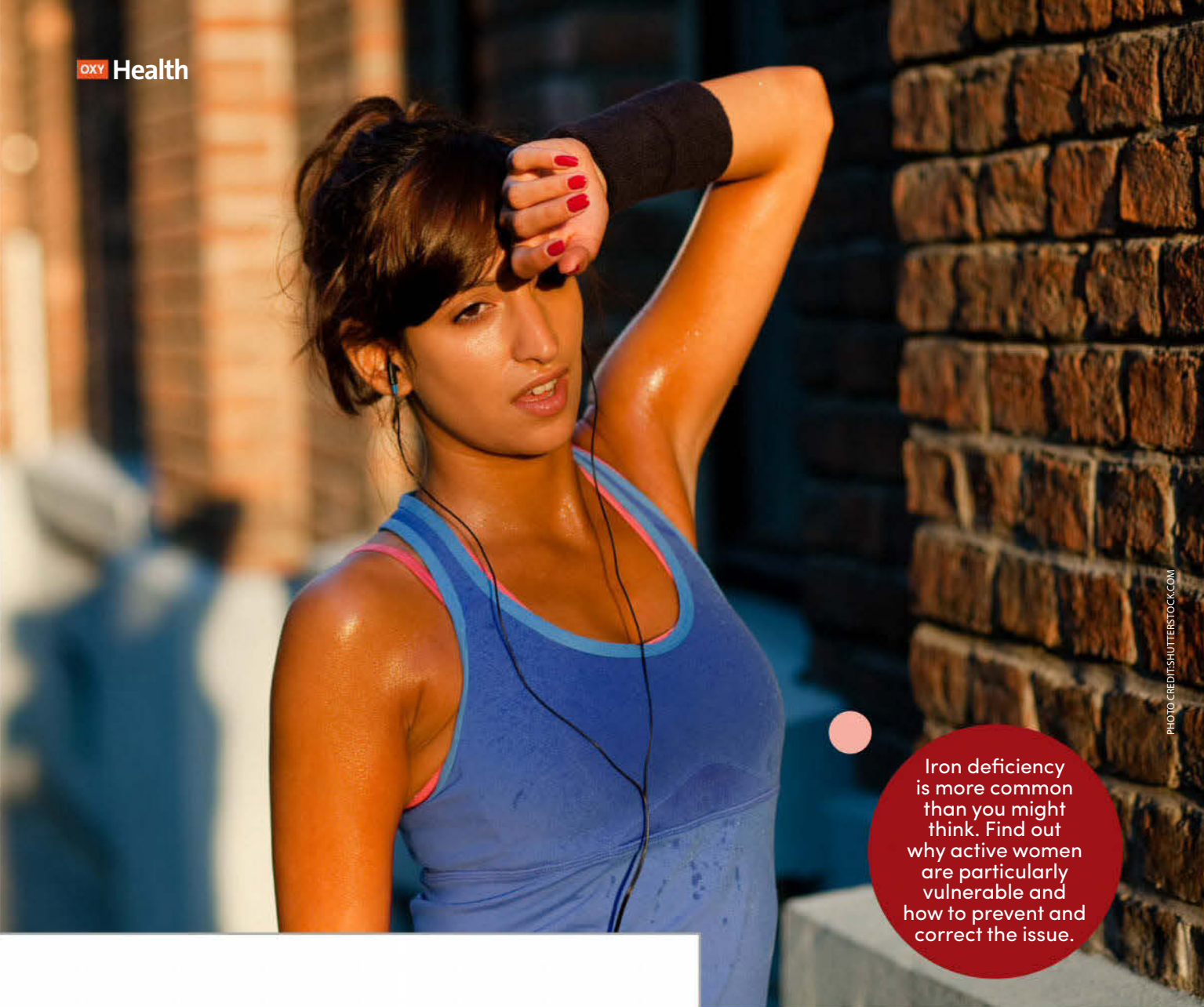


PHOTO CREDIT: SHUTTERSTOCK.COM

Iron deficiency is more common than you might think. Find out why active women are particularly vulnerable and how to prevent and correct the issue.

the power of iron

By Karen Asp

When Tamara Louis first noticed changes in her workout performance, she didn't find it cause for concern. "I just thought I was overtraining," says the British Columbia, Canada native, who'd been an avid high-intensity interval trainer and runner enthusiast for years. She also commuted to work by bike. So she dialled down her workouts, even took days off. Yet nothing worked, and her frustration mounted. After suffering for almost seven months, Louis, 43, finally sought help from her doctor. The diagnosis? Iron deficiency.



26

Fe

Iron
55.845

Blood-red beets are low in fat and full of vitamins and minerals (including iron).

Louis isn't alone. Nine per cent of women aged 20 to 49 suffer from iron deficiency, essentially low iron stores, according to the Centers for Disease Control and Prevention. But you are particularly vulnerable if you are an active woman, especially if you do endurance activities.

"Endurance athletes, particularly runners, have greater loss of iron in their sweat and through foot strike hemolysis, which is the destruction of red blood cells from repetitive foot strikes on pavement," says Kelly Pritchett, Ph.D., RD, CSSD, assistant professor of nutrition and exercise at Central Washington University in Ellensburg, Washington. In fact, a study published in the *Journal of Internal Medicine* found that among 113 male and female joggers and competitive runners, 56 per cent had iron deficiency, women mainly because of iron loss from menstruation and men because of long-distance training.

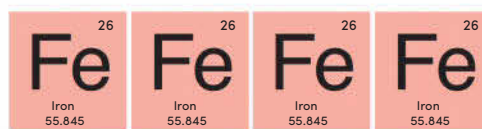
Women pursuing aesthetic (like gymnastics and diving) or intense ball sports are also at risk, Pritchett says. And if any of these women is following a vegan or vegetarian diet, is prone to heavy menstrual bleeding or is pregnant, iron losses may be even more pronounced.

The upshot? Exercise performance, even mood, will undoubtedly plummet. "If you're iron deficient, you might have trouble completing a workout or may not be able to compete or exercise at a high intensity," says Pritchett, who was diagnosed with iron deficiency as a collegiate swimmer. As a result, her swimming times were slower, and she often felt fatigued during practices.

Five tips to maximise your iron intake

Getting the iron you need isn't just about eating iron-rich foods. A few tricks can help you get the most iron from your diet. Here are five to put on your radar:

- 1 Know that heme iron (think red meat, fish and poultry) is absorbed by your body two to three times more efficiently than non-heme iron sources. Yet if you're vegetarian or vegan, you don't have to give up your lifestyle. "But you will have to plan your meals more carefully," Kelly Pritchett says.
- 2 Consume iron-rich foods (and iron supplements) with vitamin C-rich foods to increase absorption, Pritchett says. For instance, eat an orange with cereal or add bell capsicum to chicken stir-fry.
- 3 Cook foods in cast-iron pots to increase absorption.
- 4 If you drink coffee or tea, avoid sipping these drinks at meals, consuming them instead between meals. "Coffee and tea don't allow the body to absorb iron as well," Pritchett says.
- 5 Calcium-rich foods also compete for iron absorption, so it's best not to eat foods with iron in the same meal as yoghurt, milk and other dairy products.



Your iron fix

If you're feeling unusually fatigued or your physical performance has deteriorated, call your doctor, who can run a simple blood test to measure your iron levels. Just don't start popping iron supplements until you know for sure that your iron levels are low. Too much iron — 40 milligrams per day is the tolerable upper limit — can cause gastrointestinal distress, diarrhea or constipation, and it also can lead to liver toxicity, which usually shows up after menopause, says James McClung, Ph.D., nutrition biochemist at the US Army Research Institute of Environmental Medicine in Massachusetts.

If tests reveal that your iron levels are low, you have several options, including eating more iron-rich foods, taking a multivitamin that contains iron or using iron supplements. Yet because iron deficiency is difficult to correct with diet alone, iron supplements are preferred, says Sant-Rayn Pasricha, MPH, Ph.D., postdoctoral fellow at the University of Oxford in the United Kingdom. Your doctor will help determine how much you should take because every woman is different.

Just allow time for your body to correct the issue. In a study McClung ran on 219 military women whose iron levels were depleted after eight weeks of combat training, benefits of iron supplementation were evident within eight weeks. Yet it could take months — perhaps up to three, Pasricha says — for the problem to be resolved. The good news, though, is that restoring iron levels can boost physical performance, improving VO2 max and submaximal exercise, meaning that exercise will be more efficient, according to Pasricha's review of several studies in the *Journal of Nutrition*.

So will you have to alter your fitness program while you're boosting iron levels? Possibly. "Women who are iron deficient can continue training within reason but may need to make a few modifications," McClung says. (Check out "Dial It Down" at right.)

First, listen to your body — "You will have days where you lack motivation to exercise or just feel sluggish," Pritchett says — and know when to pull back. Also, avoid introducing new activities or doing high-intensity training until your iron levels have been restored because both can tax iron stores more, McClung says.

These have been hard lessons for Louis to swallow. She did have to put a halt to running for several months, although after almost six months of taking iron supplements and boosting intake of iron-rich foods in her diet, she's finally running again. Intense workouts are still tough for her, requiring her to stop for rest periodically, but she's finally beginning to feel better — and younger — again. "Maybe 40 really can be the new 30," she says.

15 great sources of iron

You can get iron from animal (as heme iron) and plant (as non-heme iron) sources. Take a look at this list to see where you can find iron:

Food/milligrams per serving

Breakfast cereals, fortified with 100 per cent of RDI for iron (1 serving): 18 mg

Oysters, cooked (85g): 10.2 mg

Dark chocolate, 45 to 69 per cent cacao solids (85g): 8 mg

Pumpkin and pumpkin seed kernels, roasted (30g): 4.2 mg

White beans, canned (½ cup): 3.9 mg

Lentils, cooked (½ cup): 3.3 mg

Spinach, cooked from fresh (½ cup): 3.2 mg

Firm tofu, (½ cup): 3 mg

Chickpeas, cooked (½ cup): 2.4 mg

Duck, meat only, roasted (85g): 2.3 mg

Ground beef, 15 per cent fat, cooked (85g): 2.2 mg

Tomato paste (¼ cup): 2 mg

Chicken, meat and skin, roasted (85g): 1 mg

Green peas, boiled (½ cup): 1 mg

Bluefin tuna, fresh, cooked with dry heat (85g): 1 mg

5

Percentage of women 20 to 49 who have a more advanced condition called iron-deficiency anemia, according to a study from the *Journal of the American Medical Association*.

Dial it down

Get creative if you want to continue to go to the gym:

- Listen to your body and reduce sets and reps in your strength training, perhaps even choosing a lighter weight.
- Do your cardio at a less-intense level and know that you might have to shorten your workouts.
- No matter the activity, don't try to push past fatigue if your body is really dragging; accept that this is a temporary state and pull back until you're feeling better.



Among 113 male and female joggers and competitive runners, 56 per cent had iron deficiency.

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WHAT IS ON OFFER

The winner will appear on the cover of the October 2015 issue of Oxygen and earn the right to the Oxygen Magazine Cover Girl title for 2015. As part of the huge prize, all finalists will enjoy a trip to Oxygen Australia HQ on the Gold Coast for a photo shoot with Oxygen's chief photographer Dallas Olsen, valued at more than \$2,000!

Remember – it's not just the overall winner who is presented with fantastic

opportunities. Many of our previous entrants have been rewarded with a cover or an ambassador role as a result, so be sure to enter as we want to get to know you!

So if it's your dream to be on the cover of Oxygen, then now is the time to commit to yourself, to your training, and to enter!

HOW TO ENTER

COMPETITION OPENS 1st May 2015, visit www.covermodelsearch.com.au for details.

IMAGE GUIDELINES AND HINTS

- The image needs to be a single image and not a collage.
- It needs to be clear, recent and must include:
 - a) Your face and your body (below knees not necessary).
 - b) Be in fitness gear not lingerie.
 - c) Be a tasteful shot (please no overly sexual images as your entry may be disqualified).
- The image must be completely untouched (original image) and entries containing any Photoshop or filters will not be considered
- Check out past Oxygen covers to get tips on the best poses
- The image must be clear and well lit
- Get some bright new workout gear, get a nice dark tan, have your nails done. This is your chance so make sure you look and feel your best!
- Most importantly, have fun with your entry! We want you to enjoy the experience, not stress about it.

This competition is open to all readers and we look forward to helping out if you have any questions or would like additional direction.

Feel free to contact us at admin@oxygenmag.com.au | Entries close 1st September 2015.



Entries close 1st September 2015.

For a full list of prizes and competition terms and conditions, please see www.covermodelsearch.com.au

10

WAYS TO LOSE FAT

make some tweaks
in your diet and watch
the fat melt

BY LINDA MELONE, CSCS

1



Toss green tomatoes into your salads

Green tomatoes contain tomatidine, a compound that stimulates muscle growth. Research shows it produces bigger muscles, increased strength and endurance, and prevents muscle loss as it reduces body fat.

2

Don't drastically diet

Lean people (versus those who are overweight or obese) who try extreme diets are more likely to experience a rebound or "fat overshooting" effect that leaves them heavier than when they started. Small, potentially permanent lifestyle changes such as cutting out high-calorie condiments and making small increases in activity are more likely to lead to lasting weight loss.

3

Drink more water

You can't burn fat and calories without adequate fluid, says Michele Olson, Ph.D., professor of exercise science at Auburn University at Montgomery in Alabama. "It sounds too simple, but it's extremely important." A poor workout, either from lack of endurance or an inability to work out intensely, is due to being underhydrated, Olson says. "Drink at least eight glasses of water each day."

«4

Eat high-water fruits and veggies

High-water-content food like apples, oranges, celery, lettuce and tomatoes are easy to digest and help add more water to your system to burn fat and calories, Olson says.

5

Eat salmon

Diets high in omega-3 fatty acids, such as those found in salmon, lead to lower body-fat storage versus diets rich in other fatty acids. Scientists believe omega-3 fatty acids work by helping increase lean body mass, which boosts metabolism.



6

Sip green tea

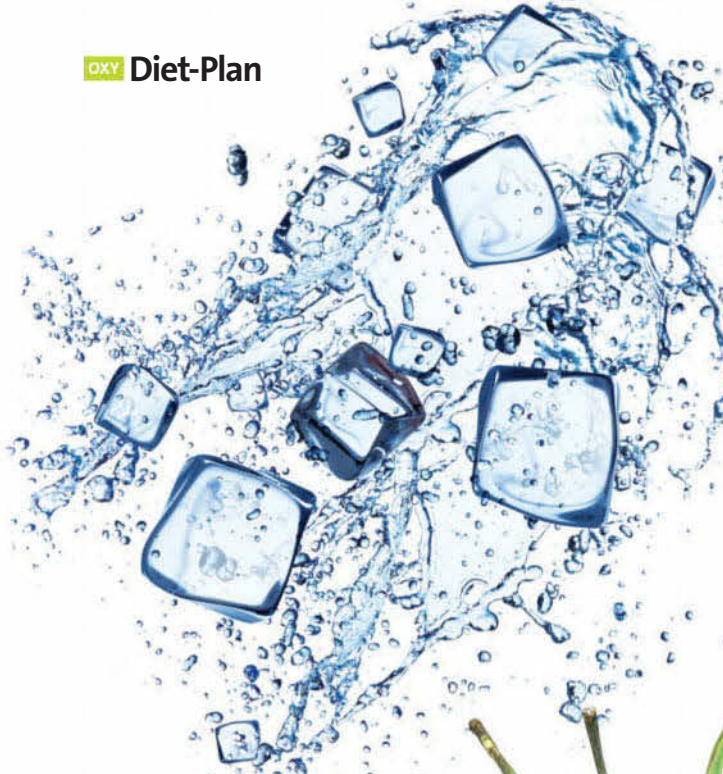
If you drink coffee in the morning, switch to green tea for the rest of the day to continue the calorie-burning boost. Studies show a chemical called catechins found in green tea may reduce body fat, as well as LDL (bad cholesterol) and cardiovascular risks.

7

Drink milk

A compound found in milk, nicotinamide riboside, is used within mitochondria (energy-producing units) in cells for fat metabolism. It's shown to protect against the negative effects of a high-fat diet and enhances metabolism.





8

Drink cold water

A German study shows drinking one and a half litres of cold water a day can raise your resting metabolism by 50 calories a day. It may not sound like much, but over a year that adds up to a two-and-a-half kilo loss.

9

Spice up meals

Add red pepper to meals to kick up fat-burning. Capsaicin, which gives hot capsicum their zing, can cause a small, temporary increase in metabolism, says Amy Goodson, RD, CSCS, board-certified specialist in sport dietetics and co-author of *Swim, Bike, Run — Eat* (2014). “Keep in mind it would take quite a bit of spice to have any major effect on weight, but every little bit helps!”



10

Go organic

The extra cost of organic fruits and veggies may be worth it, especially if you're trying to lose weight. Called “obesogens,” 15 to 20 chemicals found in pesticides have been found to cause weight gain. At the very least, avoid produce highest in pesticides, such as apples, strawberries, grapes, celery, peaches, spinach, sweet bell capsicum, imported nectarines, cucumbers, cherry tomatoes, imported snap peas, potatoes, hot capsicum and kale. ●

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Waist

Training

PHOTOGRAPHY BY DALLAS OLSEN | MODEL BY EMMA BROWN

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IF YOU FOLLOW FITNESS PAGES, FITNESS CELEBRITIES OR HASHTAGS LIKE #FITSP0 ON SOCIAL MEDIA, YOU WOULD HAVE NOTICED A GROWING TREND: PEOPLE WEARING CORSETS DURING EXERCISE OR DAILY ACTIVITIES. KNOWN AS 'WAIST TRAINING,' THIS CRAZE HAS CAUSED SOME CONTROVERSY. WE GET THE FACTS FROM FITNESS EXPERT NIKKI GLOR

Waist training is a huge trend across social media at the moment, why do you think this is?

There have been some celebrities posting photos of themselves wearing them to work out. What people need to realise is that they are doing it for shock value and attention; they are not trained fitness professionals.

Many companies and users claim they make your waist smaller, is this true?

No, that is not true. Also, when you work out wearing them it can restrict your movement and breath. This is uncomfortable and will lessen the calories you burn as you can't do the full workout.

What benefits can they potentially provide?

The only time I would recommend wearing one is if you have Diastasis Recti - a condition where your abs separate during pregnancy.

A doctor or physiotherapist may recommend you wear one after you deliver your baby to help the damage heal.

What are the risks associated with them or health concerns?

You may pass out from the inability to breathe, crush your internal organs or not eat enough because you are trying to cinch your waist and belly.

For girls seeking long term results, is waist training a substantial method to use?

No. Instead do cardio, work your core and eat a healthy diet. Waist training is unsafe. People are always looking for a magic pill or an easy way to achieve results.

ABOUT NIKKI GLOR

Nikki Glor is a fitness expert, author, freelance fitness writer, and the star of 12 fitness DVDs, videos and apps. To find out more search for "NikkiFitness" on social media or visit www.nikkifitness.com



'Waist training' with corsets is not something Nikki or *Oxygen* Australia recommends. However, we wanted to provide our Oxygirls with some waist training of their own. We've put together some great moves for you to implement into your workout; they will help your core not only get leaner, but stronger too!

THE WORKOUT

Choose one to two of these moves per training day, spreading them out over the course of a week.

EXERCISE	SETS	REPS
BARBELL FLOOR SWEEPER	3	20 (10 each side)
PLANK, PIKE AND DIP	3	15-20
TOES-TO-BAR	5	10
BUTTERFLY SIT-UP	3	25
V-UP	3	12-15

1

BARBELL FLOOR SWEEPER

SET-UP: Lie face-up on the floor and hold an Olympic barbell straight up over your chest with your hands shoulder-width apart. Squeeze your legs together and raise them about 15 centimetres off the floor.

ACTION: Sweep your legs just above the floor over to the right, keeping your shoulders on the ground. As you get closer to the right side, sweep your legs up and try to reach the end of the barbell with your toes. (Note: You won't actually touch the barbell; this is only to give you a target.) When you've come as far as you can, sweep your legs back down and through the centreline over to the left side. Continue, alternating sides.

TIP: As your legs come to the right, press your left glute down to keep your hips as square as possible. When your legs come to the left side, press your right glute down



For advanced training:

Try holding a 20-kilogram Olympic barbell – it helps stabilise you as you're sweeping your legs around. It also forces your abs and core to work by holding it steady over your chest.



MODIFY IT! If you're a beginner, do this without a barbell, holding your hands up perpendicular to the floor.

2

PLANK, PIKE AND DIP

SET-UP: Get into a full plank position with your elbows underneath your shoulders and your head, hips and heels all in line.

ACTION: Lift your hips as high as you can while keeping your back flat. Then drop your hips down until they almost touch the floor. Continue, alternating between the two moves for reps.

TIP: If you want a bigger challenge, try doing this move on your hands, arms extended. If the move in any way hurts your lower back, avoid it altogether.



(We guarantee this move will make
your abs burn!)

3

TOES-TO-BAR

SET-UP: Take an overhead grip on a pull-up bar with your hands shoulder-width apart and your legs straight.

ACTION: Generate a little momentum by swinging your legs behind you slightly, then quickly raise them in front of you and kick the bar with your toes. Use the descent of your legs to generate another round of momentum and continue doing reps, maintaining an even rhythm.

TIP: Don't generate so much momentum that you're hyperextending your lower back by throwing your legs behind you a mile. Rock them back a little, then use your abs to pull your legs up the rest of the way.

MODIFY IT! Try placing a folded towel securely underneath your lower back. This will support your lower back while also creating a slight hyperextension, which works the abs through a little extra range of motion.



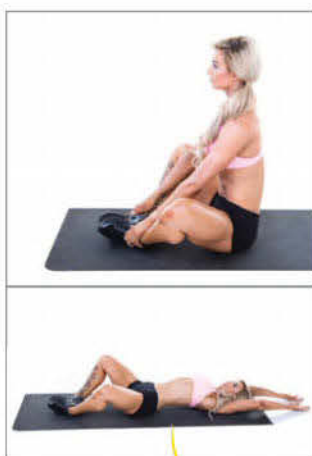
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BUTTERFLY SIT-UP

SET-UP: Lie on the floor and place the soles of your shoes together. Allow your knees to splay out to the sides and reach your arms overhead.

ACTION: Sit up and reach forward to touch the floor just beyond your shoes, then curl back down and reach overhead to touch the floor behind your head. Continue using your arms for momentum, if needed.

TIP: Keep your feet grounded at all times. Anchor them underneath a dumbbell rack or with a weight plate, if needed.



CrossFitters use an AbMat for this move to support the lower back while also creating a slight hyperextension, which works the abs through a little extra range of motion. Modify it! If you don't have an AbMat, try using a folded towel secured underneath your lower back.



5

V-UP

SET-UP: Lie flat on the floor with your arms overhead and your legs together.

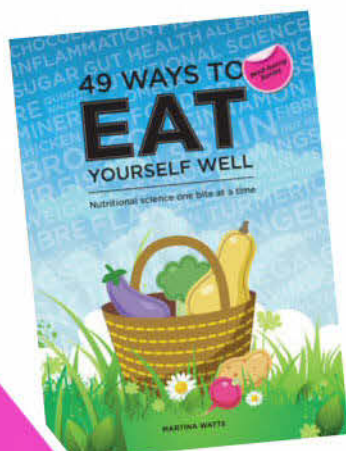
ACTION: Fold in the centre like a jackknife, and raise your upper and lower body up at the same time, pivoting on your tailbone. Reach your hands for your toes, keeping your back, arms and legs as straight as possible. Slowly lower to the start and repeat right away.

TIP: If this is too challenging, bend your knees and reach your arms parallel to the floor.



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One size does not fit all

BY LISA RENN

“Instead of blaming the diet, we tend to blame ourselves.”

Most people begin a diet to lose weight – even if they have never been successful at losing weight and keeping it off in the past. It’s the cultural norm. It’s what everyone does.

But does that make it right?

Research says dieting is a predictor of future weight gain. Two thirds of people who go on a diet end up putting the weight back on, often ending up heavier than when they started.

The extensive list of problems with diets could fill the page. Many are nutritionally inadequate. Others are based on flawed science. Above

all, most diets are unreasonably restrictive and fail to teach you anything about your own unhelpful habits or portion size or how to make your new eating habits work in your life.

Yet, instead of blaming the diet we tend to blame ourselves. We fall in a slump, then try to re-invigorate the flagging motivation for the next onslaught of restrictive eating.

When you examine diets from a behavioural perspective, that is, ‘are we human beings designed to follow rigid plans put upon us by someone else?’ you can begin to see why they don’t work.

Psychologists describe human beings as having three basic needs (self-determination theory):

1. Autonomy
2. Competence
3. Relatedness

Autonomy is our need to do things under our own steam. An ancient Greek translation describes autonomy as ‘one who gives one’s self one’s own law’.

Competence is the need to do things well.

Relatedness is our need to feel part of a community.

LET’S LOOK AT HOW DIETS STACK UP COMPARED TO OUR BASIC HUMAN NEEDS.

Autonomy - It’s not your plan - Fail

Competence - Most people can’t make a diet work in the long term – Fail

Relatedness - Diets tick this box because most people you would know would be on a diet or talking about the latest diet or just failing their last diet - Pass

As an Accredited Practising Dietitian I am often asked for a meal plan – yet this is just another example of a diet – someone else telling you what to eat. I understand the temptation in this – it means you don’t have to think about what to eat and for a busy person that is a

godsend. A meal plan will give you some more ideas of the types of meals that suit you and perhaps a better idea of portion sizes – and that is great. However, what if you don’t like the food? What if it’s too complicated to put together? What if it doesn’t suit the rest of the family?

It’s very tempting to look for an easy way out because everyone is so busy. However, a sustainable plan is one that you have created to suit your lifestyle. And above all, for the long term you need a plan that doesn’t restrict everything you love.



Four top tips to creating your ultimate eating plan:

1. Plan your meals and shop once per week: this habit will save you time, money and heartache. Imagine the ease of knowing what you are going to cook each night and having the ingredients there to do it. It means less time in the supermarket, less impulse buying and fewer take-away meals on the run. Set aside half an hour on the weekend before you go shopping to put the plan together and write up your shopping list.

2. Start the day with breakfast: it doesn't have to be low carb - in fact, recent studies have shown that eating a good whole grain, high-fibre cereal means you live

longer. Mix it up. Have cereal one day, an omelette the next and fruit with yoghurt the day after. Variety will mean you get more of all the vital macro- and micronutrients you need.

3. Take lunch from home: it's a fact that food purchased outside the home generally has more kilojoules than food you make yourself. Plan to take food for lunch and make this part of your weekly shopping list.

4. Build 'treats' into the plan: don't make the high-calorie favourites like chocolate be something you grab in times of need. Emotional

eating is the natural enemy of sustainable weight loss. Plan for when you will enjoy a treat. For example: "I will eat one small snack size chocolate bar on Friday night and Sunday night after dinner." Putting your favourite indulgence into your weekly plan takes out the guilt and naturally decreases your intake.



ABOUT THE AUTHOR

Lisa Renn is a Melbourne-based Accredited Practising Dietitian and a spokesperson for the Dietitians' Association of Australia. She has 15 years experience creating individual eating plans suited to her clients' lifestyles. Her mission is that women will know there's an alternative to restrictive dieting and to teach them that sustainable weight loss is achievable if you avoid the current fad-diet obsession. www.bodywarfare.com.au

GIRLS JUST WANNA

HAVE GUNS

✦ BY LARA McGLASHAN, CPT, FITNESS EDITOR

✦ PHOTOGRAPHY BY DALLAS OLSEN

✦ HAIR & MAKE UP: LISA LEE

✦ MODEL: NINA SILIC

**This time-efficient
arm workout will get
you tank-top ready!**

“Don’t worry, I don’t mean you will have big, bulky, body builder arms; females simply do not have enough testosterone for that. I mean those tight, shapely, strong arms that look amazing in any tank top or sleeveless garment!”



Nina Silic knows all about the benefits of strong arms.

“Isolating your biceps and triceps can actually help you strengthen and improve on other exercises. You are already indirectly working your arms during other exercises such as the chest press or seated row,” says Nina.

“By adding an extra day to isolate your arms, you’ll not only be increasing your strength in your biceps and triceps but that added strength will help with many other excises you do on your upper body days in the gym.”

To challenge yourself and strengthen your arms, try these supersets. They will help you burn more calories than a straight set program by keeping your heart rate elevated and pushing your muscles harder.

Choose two activities from the triceps or biceps workout and do them together. For example, you may choose the military push-up and bench dip; complete these moves straight after another, with no rest. Once you complete one set, rest for 30 to 60 seconds before you complete the next set.

This will keep your body always guessing and progressing.

TRICEPS WORKOUT

Choose two moves and pair them together in a superset. Rest 30 to 60 seconds between supersets.

EXERCISE	SETS	REPS
MILITARY PUSH-UP	3	15
DUMBBELL KICKBACK	3	15
BENCH DIP	3	15

BICEPS WORKOUT

Perform these two moves together in a superset. Rest 30 to 60 seconds between supersets.

EXERCISE	SETS	REPS
DUMBBELL W CURL	3	15
INCLINE-BENCH DUMBBELL CURL	3	15



NINA SILIC'S ARM-TRAINING TIPS:

- ✳ Really focus on the squeeze: squeeze your bicep or tricep with every rep, make sure you feel that contraction.
- ✳ Keep your form in check: perform the exercises without using the rest of your body for momentum. If you find you need to “swing” your body to propel the movement then the weight you’re using is too heavy. Start light and as you get stronger you can lift heavier.

- ✳ Change up your rep ranges: your body is very good at adapting so keep your arms guessing by alternating rep ranges. This can be done each week or, if you train your arms more than once a week, you can alternate per session. You are now on your way to building some beautifully shaped lady guns!

* TRICEPS

MILITARY PUSH-UP

SETUP: Get on your hands and knees with your hands directly underneath your shoulders. Extend your legs behind you so you're in a plank position with your head, hips and heels in line.

ACTION: Bend your elbows and lower your body toward the floor, keeping your arms in close to your sides and your body rigid. When your chest nearly touches the floor, extend your arms and push yourself back up to the start.

TIP: Don't let your hips sag. Contract your abs and glutes to keep them in line with your head and heels.



* "Squeeze your arms in close to your sides throughout this move to focus the work on the triceps, not the chest."

* TRICEPS

DUMBBELL KICKBACK

SETUP: Hold a dumbbell in your left hand and place your right knee and right hand on a flat bench. Flatten your back and draw your elbow up to come in line with your rib cage. Lock your upper arm in place.

ACTION: Press the dumbbell up and back in a smooth arc, extending your elbow until your arm is straight. Reverse the move and slowly return to the start, never moving your upper arm from its locked position.

TIP: Make your speed of repetition even and controlled on both the extension and the return to get the most out of every repetition.



BENCH DIP

SETUP: Sit on the edge of a flat bench with your feet and knees together, and place your hands on either side of your hips, fingers forward. Straighten your elbows and shift your weight forward so you're balancing between your hands and your feet with your butt just off the bench.

ACTION: Bend your elbows and lower your body toward the floor, keeping your chest lifted. When your elbows make 90-degree angles, press into the heels of your hands and extend your arms to return to the start.

TIP: Try to keep your butt and back as close to the bench as possible so your forearms remain perpendicular to the floor and the triceps work harder.



*BICEPS

DUMBBELL W CURL

SETUP: Stand with your feet shoulder-width apart and hold a set of dumbbells at your sides, palms turned out.

ACTION: Bend your elbows and curl the weights up toward your shoulders. At the top, you should look like a "W." Reverse the move and slowly extend your arms back to a full extension.

TIP: To work the biceps in its full range of motion, uncurl your arms completely to the start so there is no bend in your elbows at all.

“Supersets are great for us girls with limited time; they give maximum results in minimal time!”

*BICEPS

INCLINE-BENCH DUMBBELL CURL

SETUP: Adjust an incline bench to about 45 degrees and lie back on it with your upper body supported. Hold a set of dumbbells with your arms hanging straight down and your palms facing forward.

ACTION: Curl the weights up toward your chin while keeping your upper arms perpendicular to the floor. Pause a moment at the top and squeeze your biceps before lowering to the start.

TIP: Don't swing the dumbbells at all. Do each rep slowly and precisely to avoid momentum and make the biceps work harder. ■



“Draw your shoulder blades together and lock them in place to provide a stable base and keep your arms in place.”



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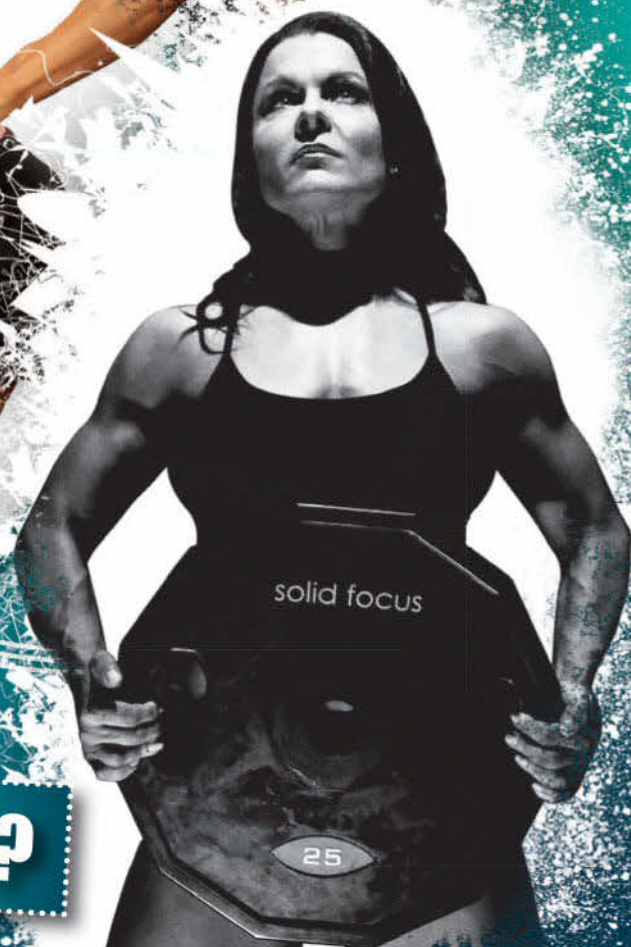
SEXY?



CONFIDENT?



STRONG?





The *busy girl's* *guide to* **SUNDAY** Food Prep

If you think healthy eating is hard work, think again!
Turn five key ingredients into 23 meals!

*** BY ALLISON YOUNG ***

★ YOU GET HOME FROM WORK, OPEN THE FRIDGE, WONDER, WHAT THE HECK AM I GOING TO EAT? and then cave to a protein bar or (gasp!) takeaway. Sound familiar? What if we told you that prepping five foods (only five!) can set you up for a week of healthy eating? Whip 'em up on Sunday in less time than it takes to watch the latest *Game of Thrones* episode, and voilà — a week of totally delish breakfast, lunch and dinner options at your fingertips. “This is vital to keeping your health goals on track and keeping your sanity with a busy schedule,” says McKel Hill, MS, RD, creator of Nutrition Stripped (nutritionstripped.com). The payoff: you’ll save a ton of money and time in the kitchen and always have healthy food on hand to power through your workouts and your workweek. And it’s way easier than you think!

HANDS-ON TIME: 3 MINUTES
TOTAL TIME: 18 MINUTES

COOK QUINOA

Small but mighty, this grain-like seed is a no-brainer way to add protein, fibre and texture to soup, chilli and salads — it can even be baked into bars and quick breads. “One cup of cooked quinoa has 220 calories, 5 grams of fibre and 8 grams of protein, so it’s a good bang for your buck,” says Katie Ferraro, RD, MPH, an assistant clinical professor of nutrition at the University of California, San Francisco. Plus, it gives you almost 40 percent of your daily needs for magnesium, a mineral linked to less stress and better sleep.

Prep it (1-2 cups dry quinoa):

The rice cooker makes cooking quinoa easy peasy. Rinse quinoa, combine in your rice cooker with 2 parts water, press button and presto! Once cooked, fluff with a fork. Store covered in the fridge for up to five days or freeze.

Eat it!

- ★ **Quinoa Breakfast Bowl** Quinoa + almond milk + blueberries + slivered almonds + cinnamon
- ★ **Quinoa Parfait** Quinoa mixed with Greek yoghurt layered with diced green apple + raisins
- ★ **Quinoa Tabbouleh** Quinoa + diced cucumber + fresh parsley + olive oil + lemon juice
- ★ **Quinoa Moroccan Salad** Quinoa + cooked chickpeas + grated carrots + toasted pine nuts + vinaigrette
- ★ **Quinoa Bowl** Quinoa + grated beets + cubed cooked chicken or salmon + sunflower seeds + favourite sauce

HANDS-ON TIME: 5 MINUTES
TOTAL TIME: 17 MINUTES

COOK SPAGHETTI SQUASH

Move over pasta! Spaghetti squash delivers the same noodle-like texture and comfort-food fix for only 42 calories a cup (compared to pasta’s 174). “It’s a great replacement for pasta for those looking to easily fill up on a lower-calorie, lower-carbohydrate food, and it’s a fun way to eat your vegetables,” Hill says. Use it in place of noodles in pasta dishes, stir-fries, pad Thai and casseroles.

Prep it (1-2 spaghetti squash):

Pierce with a fork several times. Microwave on high 10 to 12 minutes, rotating every three minutes (or pierce and bake at 190 degrees Celsius for an hour, turning every 20 minutes). Let cool, cut in half lengthwise, discard seeds and scrape out noodle-like strands with a fork. Store covered in the fridge for five days.

Eat it!

- ★ **Spaghetti Squash Spaghetti** Spaghetti squash + tomato sauce + sliced chicken sausage
- ★ **Pesto Spaghetti Squash** Spaghetti squash + grilled vegetables + pesto
- ★ **Spaghetti Squash Thai Salad** Spaghetti squash + carrots + capsicum + cucumber + red onion + shredded chicken + fresh coriander + peanuts + lime vinaigrette
- ★ **Mexican Spaghetti Squash** Bake spaghetti squash + cooked black beans + corn + salsa 30 minutes at 190 degrees Celsius



HANDS-ON TIME: 3 MINUTES
TOTAL TIME: 10 MINUTES

BLANCH BROCCOLI

There's a reason broccoli is the poster child of healthy eating: "It's high in B vitamins, vitamin K, fibre and glutathione, an antioxidant that helps our bodies detoxify," says Hill — plus it only weighs in at 31 calories per cup. Blanching it takes it from superfood to superingredient, making it the perfect addition to pizzas, frittatas, stir-fries and salads.

Prep It (1-2 crowns):

Cut broccoli florets into uniform pieces. Bring a large pot of water to a boil, boil broccoli two minutes, remove with a slotted spoon and immediately plunge into ice water. Drain and store in a resealable bag in the crisper for up to a week.

Eat it!

★ **Spicy Broccoli** Sauté broccoli, top with sesame seeds and chilli sauce

★ **Broccoli Stir-Fry** Stir-fry broccoli + spaghetti squash + sliced chicken sausage + soy sauce

★ **Broccoli Quinoa Bowl** Top quinoa with broccoli + cooked chickpeas + avocado + pistachio pieces + tahini dressing

★ **Broccoli Salad** Broccoli + shelled cooked edamame + cashews + your choice of dressing

★ **Roasted Broccoli** Toss broccoli with olive oil + lemon juice, spread on a baking sheet, sprinkle panko + Parmesan, grill five minutes ●

HANDS-ON TIME: 1 MINUTE
TOTAL TIME: 35 MINUTES

ROAST CHICKEN SAUSAGE

While sausages have a bad rep (blame those fat-filled pork versions full of additives and salt), the all-natural, nitrate-free chicken sausage is full of flavour, not to mention muscle-building protein. "A little goes a long way," notes Ferraro, who says to look for sausages also stuffed with veggies. Add it to soups, stews, pizzas, frittatas, casseroles and tacos for a tasty upgrade.

Prep It (450g-900g):

Preheat oven to 220 degrees.

Pierce sausage all over with a fork, place on a rimmed baking sheet and roast 30 to 35 minutes (until cooked through), turning periodically. Let cool and store covered in the fridge for up to five days.

Eat it!

★ **Breakfast Burrito** Scramble 2 eggs + sliced sausage + onion + capsicum, spoon into a whole-wheat tortilla, roll and go!

★ **Sausage Sandwich** Layer sliced chicken sausage + poached egg + kale between a whole-wheat English muffin

★ **Warm Sausage Salad** Sauté sliced sausage + cooked lentils + spring onions, serve over a bed of lettuce + halved cherry tomatoes

★ Sausage and White Bean Soup

Sliced chicken sausage + cooked white beans + kale + low-salt chicken broth, bring to a boil and simmer 10 minutes

★ **Mediterranean Skillet** Sauté sliced chicken sausage + spaghetti squash + sundried tomatoes + black olives + feta cheese

HANDS-ON TIME: 10 MINUTES
TOTAL TIME: 10 MINUTES

PREP KALE

There's a lot to love about this leafy green: it maintains its crunch hot or cold, it keeps cut up in the fridge for a whole week without wilting, and it jazzes up salads, soups, scrambles, sandwiches and even smoothies.

"With 4 grams of fibre in just 50 calories, you get a tonne of nutrients for minimal calories," Ferraro says. No joke: kale has double the vitamin C of oranges, more calcium than milk and through-the-roof levels of bone-boosting vitamin K.

Prep It (1-2 bundles):

The easiest way to de-stem kale is to hold the stem and run your thumb and index finger down the centre rib to strip the greens from the bitter stem. Submerge in a bowl of water with a sprinkle of salt and "massage" for a milder-tasting kale. Pat dry, stack leaves and thinly slice. Store in a resealable bag in the crisper for up to a week.

Eat it!

★ **Kale Smoothie** Blend together kale + coconut water + frozen pineapple + lemon juice

★ **Kale Scramble** Scramble 2 eggs + kale + onion

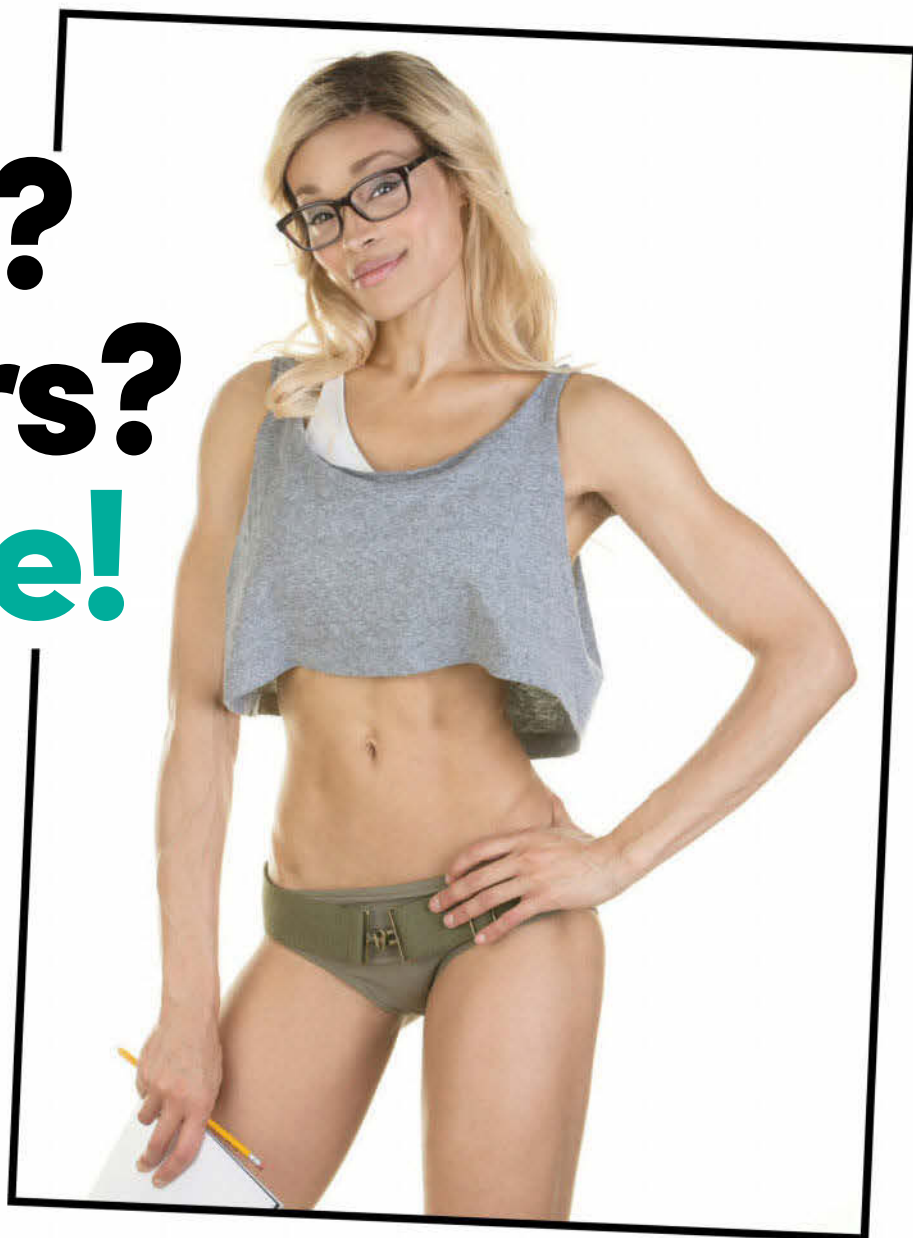
★ **Kale Quinoa Salad** Kale + quinoa + diced capsicum + halved grapes + sesame seeds + grated pecorino or Parmesan cheese + vinaigrette

★ **Kale Skillet Supper** Sauté kale + shallots + cooked white beans + canned diced tomatoes



Trolls? Haters? Ignore!

Enrich your fitness connections with this guide to social media. **By Alicia Marie**



➔ Likes, hits, views, followers, shares: simple words that now define modern fascination with social media. Whether you love it more than finishing off that last rep at the gym or hate it more than twice-a-day cardio, peer media sharing networks are not going anywhere anytime soon.

If you want to make moves in the fitness industry, it's important to make the social sharing machine work for you. As someone who has struggled with opening myself to the world for fear of what someone might "think" or "say" in the past, I have had to learn how to own my cyberspace — and so can you!

1) Ignore the negative ...

If you put something out for public consumption, you have to be ready for whatever comes back — the good, the bad and the ugly. Let's say you post a photo of yourself working out paired with a blurb on an exercise move you are

performing. Ten commenters respond with honest questions about the move, while five more post on how inspirational a fitness person you are. One single commenter rudely posts that they would "never want to look like that." You immediately blast off a two-page scathing response that brings full attention and gives power to that person and to their single comment, but ignore the majority who are thanking you for what you posted. Sound familiar?

... and build your mental muscle

There will always be detractors for everything and everyone. No one and nothing is immune. Some of the things I get on social media would scare you. I am human, so of course random troll comments are annoying, but I've had to learn

to see them as just that: random troll comments. They do not dictate how I feel about who I am, what I do or how I do it. To allow that would be crippling. This is mental muscle you have to strengthen. Ignore or delete. Move on and respond to the honest queries, *do not* "feed the trolls" or waste energy on naysayers who are not being constructive. Focus on the positive and take comfort in one of my favourite sayings, "If you have haters, you are doing something right."

2) Be your own PR person ...

You can share a lot or share a little. If you are specifically trying to build a fitness brand around yourself, know that you are in the company of thousands of gorgeous fit and accomplished women. The objective here is to stand out while

“Your greatest competition is not on Instagram or Facebook; she’s in the mirror.”

staying within the scope of what you want your brand to represent. If your goal is to be the fittest mum in Australia, then you’ll want to angle what you post in that direction. You and your four-year-old doing yoga in the park or preparing healthy snacks together in your kitchen? Perfect. You inebriated with friends in a nightclub with your clothes falling off? Not what your brand represents.

3} Keep it in perspective ...

There is such a thing as social media *addiction*, and it can be intrusive. If you find yourself neglecting life, work, friends, spouses and everyday duties to post on Instagram or scroll through your Facebook timeline, it’s time to re-evaluate your priorities. Social media is an add-on, not the end-all. Having a digital presence is important if you’re trying to build a brand; however, it should not take the place of you doing the work to actually build that brand. There is no use having a wide social “reach” but nothing to use it for.

4} Don’t compare yourself to others ...

You gain an audience by providing useful, engaging or entertaining photographs, video or text-based content. Keep in mind that everyone on social media is presenting his or her best to the world. You would be hard-pressed to find a #fitspo account that is chock-full of terrible life events and badly angled pictures. “Fitspo” pictures on social platforms exist as aspirational material — not as comparisons to make you feel bad when you don’t match up. When you come across a photo of someone with abs or a great butt, say to yourself, “Well, good for [insert fit sister]! Now it’s my turn to go to work on my best abs and bum.” Your greatest competition is not on Instagram or Facebook; she’s in the mirror.

5} To thine own self be true ...

Never force yourself to be something you are not when engaging on social media. There is no “right” or “wrong” with regards to what you want to share online. One of my biggest pet peeves is when I see fellow fitness sisters complaining or putting down what another fitness sister has posted on their own personal social media platform. Stop overthink-

ing! Social media engagement should be organic, recreational and personal.

If you are not comfortable posting photos of yourself in a bikini or in body-conscious clothing, don’t; however, if you want to show your physical progress to the world, go, girl, flaunt it. Keep in mind that you never want to be in a situation where you regret something you posted. The Internet is forever. In cyberspace, “delete” doesn’t exist.

Social media is a fun fitness tool that can boost your brand, expand your audience and your overall “reach” introducing you in all your fit glory to the world.

Keep it all in perspective, utilise it for what it’s good for and try not to concern yourself so much with what everyone else is doing or thinking or posting or #hashtagging.

Do YOU. After all, isn’t that why we’re all here?

Shine on, fit sisters.



{ALICIA MARIE: BY THE NUMBERS}

Facebook: Facebook.com/AliciaMarieFITNESS 41,000

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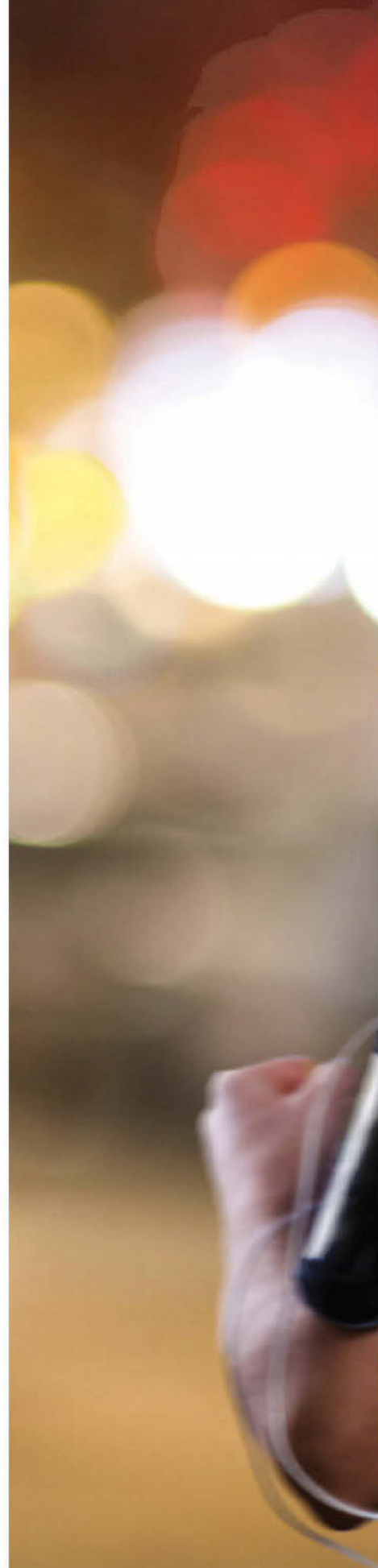
Alicia Marie says if you’ve got it, flaunt it — and stay positive.

Your hidden secret to *better* workouts

New research may have you hacking your training time for better performance.

BY KELLY JAMES-ENGER

Are you a morning workout woman, or do you have more energy and stamina later in the day? There's a genetic component that affects when you prefer to exercise, according to recent science. But regardless of whether you're a lark or a night owl, your body's natural circadian rhythms affect your workout. In short, when you exercise may make a difference in how you feel and perform.





“There is some evidence that the time of day may be relevant with strength training as opposed to endurance performance. As the day progresses, body temperature will be greater than at waking.”





You may be able to add more muscle in a morning workout than in an afternoon one.



Get lean: front-load your food

When you eat, not just what and how much, also may affect your weight and body composition. Recent research has suggested that “front-loading” your calories may lead to a leaner body. In one study published in *Diabetologia* in 2014, people who ate two larger meals earlier in the day instead of six smaller meals throughout the day lost about 50 per cent more weight while eating the same number of calories. Another 2013 study published in the *International Journal of Obesity* produced similar results.

While the research is a bit scanty to apply across the board, according to Kelly Pritchett, Ph.D., RD, CSSD, a spokeswoman for the Academy of Nutrition and Dietetics, simply eating more of your calories earlier in the day may assist with weight-loss efforts.

Hormones: Your training buddy

Researchers in the field of chronobiology study how time affects our biological rhythms, says Michael Deschenes, Ph.D., FACSM, a professor of kinesiology and health sciences at William & Mary in Williamsburg, Virginia. That includes the study of circadian rhythms that dictate the body’s metabolic and hormonal cycles throughout the 24-hour day. For example, body temperature is lowest early in the morning and rises throughout the day until early evening, when it begins to drop. On the other hand, levels of hormones like insulin and cortisol are high in the morning and decrease during the day.

Research has shown that these fluctuations can influence athletic performance. In a small study published in the journal *PLOS ONE* in October 2014, cyclists rode as fast as they could in morning and evening sessions and performed significantly faster in the evening trials. “This better period [in the evening] might be related to some hormonal and metabolic changes (e.g., lower insulin, cortisol and testosterone concentrations while higher body temperature, growth hormone and glucose) that were influenced by circadian factors,” says lead study author Alan Lins Fernandes, MS, professor at the School of Physical Education and Sports at the University of São Paulo in Brazil. Other small studies have produced similar results.

Lift more later in the day

However, time of day appears to have less of an impact on moderate-intensity cardio than workouts that require more muscle power (think strength training and high-intensity interval training). “There is some evidence that the time of day may be relevant with strength training as opposed to endurance performance. As the day progresses, body temperature will be greater than at waking,” explains Lara Carlson, Ph.D., FACSM, CSCS, associate professor at the University of New England. “It is thought that the increase in body temperature will impact muscle contractility, most

likely because of faster neural transmission speed and increased enzymatic activity — both of which are increased following an adequate warm-up before any exercise bout.”

“Body temperature has a very predictable pattern — it is lowest in the morning, and there is evidence that body temperature is a major player in muscle performance,” Deschenes agrees. Anaerobic exercise involves all-out effort and taxes muscle more than aerobic exercise, so body temperature is a bigger factor in performance with strength and anaerobic activity.

In addition to body temperature, but not as important, fluctuations in testosterone may affect how much bang you get for your workout buck. Testosterone is involved in building and maintaining muscle — for women as well as men — and typically resting levels of testosterone are elevated in the morning.

Beat the clock

While everyone experiences circadian changes, there’s another factor at play — what’s called your “chronotype.” Your chronotype determines “morningness” and “eveningness,” or when you’re naturally more active and alert.

What researchers call the “CLOCK” gene may affect performance, as well. For example, in a new study published in *Applied Physiology, Nutrition and Metabolism*, morning-chronotype exercisers performed the same workout in the morning and evening. While the workload, absolute power output, speed and cadence were the same, the exercisers perceived the workout to be harder in the evening compared to the morning.

Obviously, you can’t change your genetic makeup, but taking this research into account may help you get more from your workouts. Keep in mind that in general, your best time to add muscle may be in the morning, while you may be able to lift heavier weight, be strongest (and fastest) in the afternoon.



Make the most of your workout!

If you must work out in the morning: perform an extensive warm-up before lifting weights. Raising your body temperature will help you train harder.

If you usually work out in the afternoon: recognize that you're naturally stronger in the afternoon, so you may feel weaker during a morning session.

If you usually work out in the morning: push yourself a little harder if you opt for an afternoon or evening session to take advantage of your increase in strength.

If you're pursuing a personal record in an event: train at the same time as your event for at least three or four weeks beforehand for better results.

If you're doing cardio: time of day has less of an impact on moderate-impact cardio workouts, though you'll probably be able to do more high-intensity cardio later in the day. Your schedule may dictate when you exercise. But keeping this research in mind when you plan your workouts can help you get the most from them — and achieve the body you want.



‘MIND THE JUNK!’:

— The science behind junk food —

Part One: Junk Food and the Brain

IN THIS THREE PART SERIES, SUSAN ‘SUZ’ BAXTER DISCUSSES THE EFFECT ‘JUNK FOOD’ HAS ON YOUR BRAIN AND BEHAVIOUR AND WHY JUNK FOOD ADDICTION IS A REAL PROBLEM (I.E. NOT JUST IN YOUR HEAD).



PHOTO CREDIT: SHUTTERSTOCK.COM



SUZ'S DESCRIPTION OF JUNK FOOD: a food of convenience that tends to be 'fast food' and has a long shelf life.

THE EFFECT OF JUNK FOOD ON YOUR BRAIN

Our behaviours and decisions are always linked in some way to the underlying neurological processes at play within the brain. Recent research indicates junk food consumption is associated with stimulation and activation of the same pathways as drug use: primarily the opioid and dopamine pathways.

The relationship between neurological function and junk food works two ways: consuming junk food causes the stimulation of these pathways and the stimulation of these pathways can make you more likely to consume junk food.

In the latter, for example, a low mood causes you to crave foods that mix fat and sugar,

which is a craving not unique to humans (it has also been observed in rats under stress). The combination of these two energy-dense macronutrients floods the brain with the neurotransmitter dopamine. Dopamine is your 'happy hormone' and it gives you an instant mood boost. Therefore the food is 'rewarding'.

However as most of you are now aware, a food with a high glycemic index (GI), or sugar content, will cause your body to process this food extremely fast. The higher the GI value of a food, the more insulin released by your body and the faster the food is processed. This makes you hungrier quicker and can even make you eat more in a particular meal, especially since high GI foods tend to be more calorie dense and provide fewer feelings of fullness.

As the 'dopamine levels' ('happy hormones') responsible for your 'mood boost' start to return to normal again, your body releases chemicals that lead to the feeling of requiring 'just one more piece'. This feeling is very similar to that of someone who uses marijuana, for example, and craves 'just one more hit'. The feeling often takes over someone's thoughts and they cannot focus on anything else (think of Homer Simpson and his 'mmm..., donuts' daydream).

Over time your body learns to adapt to this feeling. When you train in the gym, you become fitter and increase your weight or reps to continue to challenge yourself and get even more fit. Similarly (except with a much more negative effect), the level of junk food you initially had to consume to reach this 'happy' place has become insufficient

and your response to the junk food is reduced. This results in your body needing more junk food, more often to get the same effect as your first initial 'high'.

OBESITY AND THE BRAIN

Neuroimaging reveals that people who are obese have a reduced dopamine response compared to their lean counterparts. This means that in order to get the 'happy' or 'rewarding' effect from junk food, they need to eat a larger amount.

Research has also started to uncover commonalities in both obese and drug-addicted individuals. Drugs and food display similar effects in terms of dopamine responses, although the pathways into the body may be different.

TURN THE PAGE FOR MORE. ▶



Both obese and drug addicted users suffer from impairments in reward sensitivity, incentive motivation, conditioning (memory and learning), impulse control (behavioural inhibition), stress reactivity, and introspective awareness. What this means is that

“junk food can be just as damaging as drugs to someone’s body and brain.”

JUNK FOOD CONSUMPTION AND STRESS

Junk food addicted people need more junk food than a leaner person would to feel a ‘happy’ feeling. This is the result of a dopamine shortage. Dopamine shortages may be associated with enhanced stress susceptibility. As a characteristic of addictions in general, these people may become more stressed more easily than someone without an addiction.

Studies have shown that nerves in the brain play an important role in drug reward and addiction and are intimately involved in the changes in the neural system following

repeated drug use. The brains of people who have addictions function much differently to those without addictions. These systems do not function in their intended way and as a result someone may be more vulnerable to developing other conditions such as depression.

FACT: *Whether marketers know it or not, simply the sight of a well known chain of restaurants sign can elicit the compulsive need to eat the food. Not only for the ‘desire’, but because a person can rationalise that they need the energy from the calories.*

JUNK FOOD AND DRUGS

The similarity of the junk food and drug addiction responses has interested researchers for some time. It is proved that the effect of reducing consumption of junk food can often leave a person with feelings similar to those experienced by an addict going through withdrawals: headaches, irritability, and depression.

Recent research indicates that high-fructose corn syrup (found in many common junk foods) could be one of the reasons for this serious addiction. This product was shown to cause behavioural reactions in rats similar to those produced by drugs of

abuse such as cocaine. Rats were tested with cocaine and Oreo cookies (a food containing unnaturally high concentrations of sugar, fats and taste enhancers, such as high-fructose corn syrup). The rats showed very clearly a sign of addiction to Oreos (levels beyond hunger). This was the same addiction shown when they were tested with cocaine.

JUNK FOOD AND GENES

According to research, the development of food preferences is inherent. In a sense, the enjoyment of sweet food is 'programmed' into our hard wiring. In contrast, the love and desire of bitter foods is actually learned. Think about how your coffee career began; perhaps with hot chocolate, moccachino, cappuccino, maybe only then developing into a taste for espresso?

Similarly, taste for wines develops over time: people tend to start wine drinking on sparkling and sweeter wines, and as their preferences (taste buds) alter, they move to the more bitter wines.

The taste for junk foods is in some respects wired into us, and the preference for consuming such food is driven by complex processes going on in our brains. These processes are very similar to those underpinning other forms of addiction.

Understanding this is key to realising that the cravings you get for a chocolate bar or sweet biscuit are much more complex than they appear. Therefore, the solution to breaking the habit is also much more complex too.

**STAY TUNED
NEXT ISSUE
FOR PART TWO
OF THE SERIES,**
which discusses
the behavioural
process involved
with junk food.



ABOUT THE AUTHOR

Dr Susan 'Suz' Baxter is a passionate and enthusiastic, award winning NZ fitness instructor and International Shape competitor. She is an Optimum Nutrition athlete with over nine years of teaching experience. She has recently submitted a PhD in health science, and has a strong commitment to research driven results for overcoming barriers to exercise and enhancing and facilitating evidence based practice. Check out her 'Suz Baxter' Athlete page on Facebook for more fit tips and information.

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SEAN SARANTOS

NAME: Sean Sarantos | AGE: 25 | HEIGHT: 188cm | WEIGHT: 88kg
 HOMETOWN: San Antonio, Texas | OCCUPATION: Physical Medicine Technician

What do you do for fun?

I love to hike, draw, read, and go on jogs with my dog Clark.

If you could be anywhere in the world doing anything – what and where would you be?

I would be backpacking across Europe. I love the idea of roughing it while also seeing sights that others may not see in their lifetimes.

What is your claim to fame?

I was chosen as 1 of 5 people to be part of Bodybuilding.com's "Lift Life" ad campaign.

What is the most romantic thing you've ever done for a woman?

I made a picnic in the living room on a rainy day.

Describe your perfect night out.

Having a nice sit-down dinner, walking around town to find a coffee shop as we talk one another's heads off, then finishing back on the couch as we fall asleep watching a movie.

What characteristics do you most look for in a woman?

Trust, integrity, and an independent mindset. Knowing that a woman isn't dependent on anyone is very attractive. It's nice to see a woman who can take care of herself.

How do you stay in shape?

Training hard constantly and following a clean style of eating. If you eat clean then you stay lean.

What's your favourite food?

Anything chicken. I'm a very simple man.

Are you currently in a relationship?

No, I am single at the moment.

Do you have a pick-up line?

You must be made out of Lucky Charms, because you look magically delicious!



PUSH

YOUR

LIMITS

You may have forgotten about these three training techniques, but using them can amp up your intensity and accelerate your muscle-building, fat-burning results! BY KATY LOREN

Though often forgotten, ascending/descending sets, rest/pause and partial reps are all techniques worth pulling out of your fitness attic. Not only will they add some spice to your routine if you haven't used them in a while, but they will help push you farther than you might otherwise go on your own during a workout.

Each technique works in the same way — by prompting a growth-hormone surge in response to the extended effort against a challenging resistance and a recovery response by forcing additional blood into your muscles (i.e., the “pump” you feel).

“These techniques provide a great amount of volume, give you variety in your program and are very time-efficient,” says David Hooper, graduate research assistant at The Ohio State University.

“Moderate loads of 60 to 80 per cent of your one-rep maximum and a short rest period create a substantial volume, which is a great stimulus for hypertrophy.”

If you're ready to push your limits, incorporate these techniques into your exercise routine today.

TECHNIQUE 1

ascending/ descending sets

aka "Running the Rack" or
"Running the Stack"

●●● The premise of this method is simple: you're either moving up (ascending) or down (descending) in weight during one super-long set. Extending your sets like this increases the time under tension for your muscles, which in turn forces adaptation and change.

You can increase or decrease the weight as many times as you'd like during your set, depending on your masochistic leanings for the day. Let's use the machine chest press as an example of a moderately intense ascending set, changing weight four times. Begin by setting the weight stack with two kilo weights per side for 10 reps. After rep 10, immediately change the pin setting on the weight stack so that you're next using 5kgs per side and go for another 10 reps. Again without resting, move the pin again setting the weight at 7kgs per side and do still another 10 reps (or as many as you can muster). Finally, move the pin up to the 10 kilo weights and rep until you can't go anymore. For a descending set (also called a "drop set"), reverse that sequence, starting with your heaviest weight and decreasing every time you reach a point of initial failure.

An ascending set on its own serves as a good warm-up for any body part, while a descending set is a super finisher. The good news is you should only have to do one ascending or descending set per exercise and per workout to reach kaputville.

Word of caution: be aware that certain exercise techniques may upset your fellow gym-goers. Running the rack using a series of dumbbells, for example, may not be practical during the gym's peak hours because this technique can have you monopolising a lot of gym real estate, which may not sit well with other gym members. Rule of thumb for ascending/descending sets: if your ascending/descending set will require a lot of real estate, you might want to choose another technique or train during non-peak hours when the gym isn't so packed with members.

TRY IT YOURSELF

Pick an exercise in your next workout to try either an ascending or a descending set, such as machine chest presses or machine shoulder lateral raises or cable curls.

"This technique is traditionally done with dumbbells, but you could easily do it with a machine that you can easily adjust," says Cari Shoemate, a personal trainer and yoga instructor based in Houston (cari-fit.com). For example, use a cable machine with a rope attachment for doing **triceps pressdowns**: start either with a low weight and build with each set or with a heavy weight and drop with each set.

If you want to get creative, try using a bodyweight exercise. Shoemate explains: "Try descending sets with push-ups. Using a bench and step, work your way from the hardest angle to the easiest, starting with high-decline push-ups (feet on a bench), then to low-decline push-ups (feet on a step), then regular push-ups and finally incline push-ups with your hands on a step, feet on the floor."





TECHNIQUE 2

rest/pause

●●● This awkwardly named technique is simple: you stop and rest midset, which allows your body's short-term energy systems — specifically the phosphagen system, which produces energy without the need for oxygen — to naturally recharge itself. Even just 15 seconds gives your body enough time to regain a significant amount of strength, allowing you to extend the set by at least a few repetitions.

"This technique is great for those wanting to build strength and muscle quickly," says Felicia Romero, IFBB Figure pro, personal trainer and motivational speaker based in Gilbert, Arizona. The technique compresses more work into a shorter period, thus increasing your overall intensity, and higher levels of training intensity have been shown to increase muscle adaptation.

To save time and keep a modicum of tension on the muscle, don't put the weights down but simply rest in the start position — for instance, the down position on a seated shoulder press or biceps curl. (You may discover it's better to rest at the fully flexed position for exercises such as the leg press, in which it's easier to hold the weight with legs extended.)

TRY IT YOURSELF

Pick a challenging exercise for one or two body parts, and use rest/pause on the last set of that exercise each week. For example, perform the seated lat pulldown. Get into the standard position and do as many perfect reps as you can. Once you reach a point at which you can't quite do another rep with excellent form, stop and "rest" with your arms outstretched for 15 to 20 seconds, concentrating on deep, relaxing breaths. Then continue repping, getting in as many more as you can before terminating the set.

Another exercise to try is **pull-ups**. Set a goal — say, 25 total reps — then try to hit that mark, taking as many 15- to 20-second rests as needed. In between, either completely let go of the bar and stand on the floor or rest in the hanging position, your choice.



TECHNIQUE **3**

partial reps

●●● In *Oxygen*, we love to preach about doing full range-of-motion reps. And in fact, studies confirm that stopping short robs you of the complete benefit of an exercise.

That said, there is a time when a less-than-complete rep is not only acceptable but encouraged.

Partial reps allow you to extend a set beyond the point of initial failure, putting more beneficial stress on your muscles and promoting a hormone response that sets recovery and repair activity into motion. You may not be able to do a full rep anymore, but you can likely still move through part of it, trying for three-quarters, then a half and then one-quarter reps, stopping when even those become impossible.

"I've always been a fan of partial reps because they can be done anywhere and with any type of weights or resistance," Shoemate says. Partial reps typically focus more on building muscle endurance versus strength, but it really depends on how you do them. "If you're doing higher reps, then your focus will be more on endurance," Shoemate says. "But if you only do a certain angle or range of motion and are using heavier weights, it'll definitely build strength and give muscles more shape and definition."

TRY IT YOURSELF

Because they're so intense, use partial reps sparingly on a set or two at the end of a workout once or twice a month. Try it with **dumbbell hammer biceps curls**:

"Start with full reps, doing as many as you can," Shoemate says. "When you can no longer get the weight all the way to the top, start doing half reps. When that becomes impossible, finish with quarter-range-of-motion to 'pulse' reps, stopping when the burn is red hot and you can't move the weight anymore using just your biceps."

In addition, Romero suggests a quarter squat to build your legs. "Set the safety bars in a squat rack so you can only lower yourself one-quarter of the way down before touching," she explains. "Load the bar with 100 to 120 per cent of your full squat one-rep max. [Editor's Note: if you don't know that figure, you can add 25 to 30 per cent more weight to what you regularly lift for 10 reps.] Do the quarter squat, lowering until the bar touches the pins — then drive right back up through your heels to standing." You can either do these quarter squats on their own or after regular squats in your leg workout. ●

Peanut Butter Protein Balls

THESE PROTEIN BALLS TAKE FIVE MINUTES TO MAKE AND ARE THE PERFECT, PORTABLE BREAKFAST, SNACK OR QUICK LUNCH IF YOU'RE A MOVER-AND-SHAKER ON THE GO!

Ingredients

120g fresh pitted dates
1 cup rolled oats
1/2 cup desiccated coconut
1 tablespoon Healthy Chef Pure Native WPI
150g peanut butter or your choice of nut butter (almond, macadamia etc)
A little water to mix if needed

Method

1. Combine dates, oats, coconut and Healthy Chef Pure Native WPI into a food processor or blender.
2. Mix through until the mixture looks like crumbs and dates have mixed through the oats.
3. Remove the mixture and place into a large bowl.
4. Add the nut butter and mix through until combined. Add more water if needed and mix into dough.
5. Scoop out 12 portions using a small ice cream scoop.
6. Roll into balls, and then roll the balls in chopped nuts, oats, granola or coconut.
7. Store in the fridge for optimum freshness. Use within seven days.

CHANGE IT UP:

- Add a pinch of cinnamon; or
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POST-BABY BODY



RECOVERY

HOW TRAINING TOO HARD, TOO SOON POST-BABY CAN HINDER YOUR RESULTS AND END UP SETTING YOU BACK.

WORDS BY JUSTINE SWITALLA | IMAGES BY DALLAS OLSEN



I HAVE BEEN WORKING ONLINE HELPING MUMS POST-BABY FOR MORE THAN A YEAR NOW AND THE ONE THING THAT STANDS OUT TO ME THE MOST IS THE HUGE AMOUNT OF PRESSURE ON MUMS TO GET THEIR PRE-BABY BODY BACK TOO SOON.

Worse is that most of the time this pressure is coming from the new mum herself.

It's great to want to get your body moving again. However, I have seen first-hand women who did too much, too soon, and have not rehabilitated their bodies very well: they are now stuck with what we call the 'mummy pooch'. I speak very openly about diastasis recti (abdominal separation) and I honestly feel that there is a huge lack of knowledge and understanding about it. I actually knew nothing of it during my pregnancy and was told by my midwife that I didn't have it after I gave birth to my son Leo; only to be told later by my physiotherapist that I had a 3cm separation.

"Diastasis recti" translates to the separation of your abdominal muscles ("diastasis" means separation, "recti" refers

to your abdominal muscles called the "rectus abdominis"). This means your belly sticks out because the space between your left and right belly muscle has widened. It's very common amongst pregnant women – around two-thirds of pregnant women have it. Pregnancy puts so much pressure on the belly and sometimes the muscles in front can't keep their shape.

Most women who have given birth don't know that they have abdominal separation. After you have your baby, you return to your training regime without considering the possibility. This is, until you get six or seven months post partum, and despite training and dieting like crazy you still have your 'mummy pooch'. Maybe then you will start to ask some questions or seek out a healthcare professional's opinion. Whenever I do a post on social media about this, I literally get hundreds of messages and emails from distressed women who didn't know that they had it and are seeking out advice and help.

When I created Fit Healthy Mums I wanted to provide an online program to focus on rehabilitating the body the right way, by healing it,





rather than smashing it. This is why I worked closely with a physiotherapist during my recovery post-baby. You have to be so careful post-baby: your body has been through a lot in those nine months. It created your baby, went into labour and brought your precious bundle into the world.

The female body truly is amazing, which is why we need to focus on treating it with the care that it needs and deserves, and give it time to heal.

You really don't want to get to the stage where it is too late, because then you'll have a 'mummy pooch' and could potentially need surgery to fix it.

It's important to remember that, when it's time to return to your exercise routine, you need to do so very slowly. You don't want to be lifting anything too heavy, too soon, and you should avoid moves such as crunches, sit-ups, pushups, press-ups, and front planks as they will make abdominal separation worse. Some yoga poses can make it worse too, as can sitting up the wrong way or lifting up your kids. If you are unsure whether you're affected by abdominal separation, it's best to see a physiotherapist who specialises

in post-natal care just to be safe. It's completely worth it to ensure you are on the right track.

You need to follow a program that will help to heal your body and treat it with the respect that it deserves, particularly post-baby. Remember that it takes nine months to create a baby, so it takes nine months to recover. In my opinion your body is never the same as it is

before you have your babies; I am not saying that it's worse, it's just different.

When I started training post-baby it felt like I was given a clean slate to start from and I just worked on getting stronger, caring for my body and being kind to myself. I didn't put any pressure on myself to look a certain way,

by a certain time. I simply took it all in my stride, one day at a time.

Being a new mum is hard enough without this added pressure of having to look lean and shredded instantly after giving birth. I was very open about my post-baby journey with my followers and shared my post-baby belly that I was left with four days after I had Leo - I still had my 'pooch' and was full of fluid and puffy. My body didn't really start to take its normal shape again until I was around six months post partum. I didn't do any core work for the first four months; I stuck to light weights and RPM classes.

It is challenging being a mum at times, although it is the most rewarding job in the world, it does take its toll on us from time to time. We give and give so much to our little ones, that every now and then it all gets a bit much and we have to learn that it is okay to feel that way.

One thing that helps me on those days is the support that I get from my Fit Healthy Mums community. Having support from women who are in the same boat as you is priceless and really does make the world of difference to your post-baby journey.

Be sure to ask for help when you need it and find the right support networks so that you don't feel like you are out there doing it all on your own.

Justine



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HURRY, THIS OFFER ENDS 31ST AUGUST 2015!

stage rush

The big event arrives — and then goes. What then? Veteran Alicia Marie shares her tips on beating the post-event blues.

By Alicia Marie

The stage. The lights. The trophies. The Dream Tan. You loved every minute of it ... so why “the blues”?

➔ There is nothing quite like being up on a fitness, figure, bikini or physique competition stage. You’ve trudged through months of weight training, downed dozens of chicken breasts and egg whites; you’ve declined many girls’ nights out. Your good friends now know that the best place to find you is either at the gym, sleeping, or ... at the gym.

But one of the toughest things I had to learn during my long road to a pro card was how to properly transition from contest mode to normal life. And yes, it is a skill.

I am admittedly a natural “ham,” and I am very competitive, so showing off what I was made of was squarely within my wheelhouse and incredibly addictive. Where I faltered was not allowing myself to take it all in: the before, the after, the highs and the lows.

Instead of trying to understand myself better, I sought to push it all aside and to immediately register to compete in another contest right away before those pesky “blue” moods could even take hold. In my first year and a half of competing I did a total of 13 figure and then fitness competitions, all while maintaining a nine-to-five job as a production executive. I

racked up the trophies ... and ran myself ragged in the process. My body became injury-prone as a result of not being given any rest; my mind and productivity at work suffered; my relationships deteriorated irrevocably. I did not see the connection between how hard I was pushing myself, unnecessarily — after all, there was no one forcing me to do so much in so little time — and what was happening in my life offstage. The feeling of post-show blues that I had tried so hard to escape was my body simply telling me, “Hey! Silly girl! Slow it down.”

You can aim to be at the top of your game competitively, but you have to respect the one thing that your body, your mind and all the vital components of your life *do* need: balance.



PHOTO BY B-HOUSE PHOTOGRAPHY



"necessary nine" post-contest tips

1

THE TROPHY IS

SECOND: Didn't place as high as you would have liked? So what. Smile big, strut and be proud of yourself. The trophy is the icing. The whole experience, your fitter body and the immeasurable boost to your self-esteem are your cake. Eat it up!

2

RESPECT THE "GAP":

The gap is the space between the shows. There is a reason that the pros take so much time in between contests: Your body and mind need a break. You will go into your next contest in a stronger state.

3

FIND YOUR ZEN:

Nothing is meant to exist in a high-adrenaline state of being for an extended period. Burnout is common and has claimed some of the most promising competitive careers. Disciplines like

meditation, yoga and hiking are beneficial for boosting your mind/body connection. We are but how we think.

4

TREAT YOURSELF ...

BUT PACE

YOURSELF: It is A-OK to enjoy something a bit tastier than salmon with mustard and brown rice after a contest! One of my favourite memories was sharing a pint of Ben & Jerry's with eight-time Fitness Olympia Champion Adela Garcia in the elevator post-Olympia years ago. That red velvet cake? Have a slice — just not the whole cake. It's extremely unhealthy to put your digestive system through a shock like that.

5

RECHARGE TO REBOOT RIGHT:

Avoid the impulse to jump right back into intense training the day after a competition. Doing so will tax your immune

system and make you prone to injury and illness. The most successful competitors always take a bit of time completely away from the gym after a contest. Whether it's a week or a month, the rest segment of the contest cycle after the show is just as essential as the rest when you are in training mode.

6

USE THE GAP TO REFLECT ... AND RECONNECT:

Remember that the people who you want cheering you on are the ones closest to you. In your journey to the big stage, don't take your support system for granted.

7

STAY POSITIVE, EVEN WHEN FACED WITH THE NEGATIVES

DOT-COM: Funny thing, the Internet is. It can be very easy to get wrapped up in social media and to become overly concerned about what so-and-so might be saying

about you on a digital platform. I used to believe that just avoiding it all was the answer — but then I had that "aha moment," and I realised that if I was going to put myself in a position to be judged publicly, then I had to be mentally strong enough to take every part of what comes with being a public figure — the good, the bad and the crazy person who is a fan in the form of a "hater." Everyone will have an opinion. So? Let them. You just keep doing you and let the negativity roll off. Instead, absorb the positives.

8

DON'T OBSESS, REASSESS:

I have witnessed many of those new to the sport lose their cool over the postcontest weight gain. Yes, you should go back to incorporating healthy food groups that were removed from your diet. Be mindful not to get upset over

not looking "stage ready" all the time. None of us do! Maintaining extremely low body fat for an extended period is unhealthy and unrealistic — especially for females.

9

SO WHAT'S NEXT:

Here's the fun part. We all know that every contest and show is different and that competing in one particular competition might put you in a different or even better position for another. Do your research before registering for a contest. The more that you know, the more prepared you will be. Competing should be one of the most enjoyable experiences of your life.

•

**Dream it.
Think it.
Plan it.
DO IT.**

Fitness celebrity Alicia Marie is the author of *The Booty Bible* (FitPOP Media) and co-creator of the *30-Day Butt Lift* DVD. You can find her online at FitPop.com.

It's time to sweat!

By Tosca Reno

WORKING OUT MEANS WORK!

Something I know for sure is that negative attitudes toward working out don't deliver because in no way are these people committed to the work that goes into creating and maintaining a lean physique. Kermit the Frog was once quoted as saying, "It's not that easy being green." We humans might translate that into, "It ain't easy being lean." It does take work. You will have to shift from park to drive. You will have to sweat. You will have to shift your ass into gear. You will have to work through discomfort.

You will have to focus on the exercise or work of creating a lean physique. You can't hope to show up at a gym daily with your breakfast sandwich in hand and come out three weeks later looking buff.

Often, the difference between a tightly honed physique and not is the level of commitment of the owner. To avoid those pitfalls, make a fitness commitment to yourself. Being committed to my fitness continues to serve me well, 15 years after making my change from obesity to leanness.

Remember,
I am always listening.

Tosca Reno

TOP TIPS TO YOUR FITNESS COMMITMENT

- » Put your mind into the muscle.
- » Use physical cues.
- » Make a date with the calendar and don't break it.
- » Use music.
- » Train with goals in mind.
- » Commit to yourself. You are the best reason for making change and caring for yourself.
- » Make a Fitness Commitment Document to yourself as follows:

My goal is to work out _____ number of times per week.

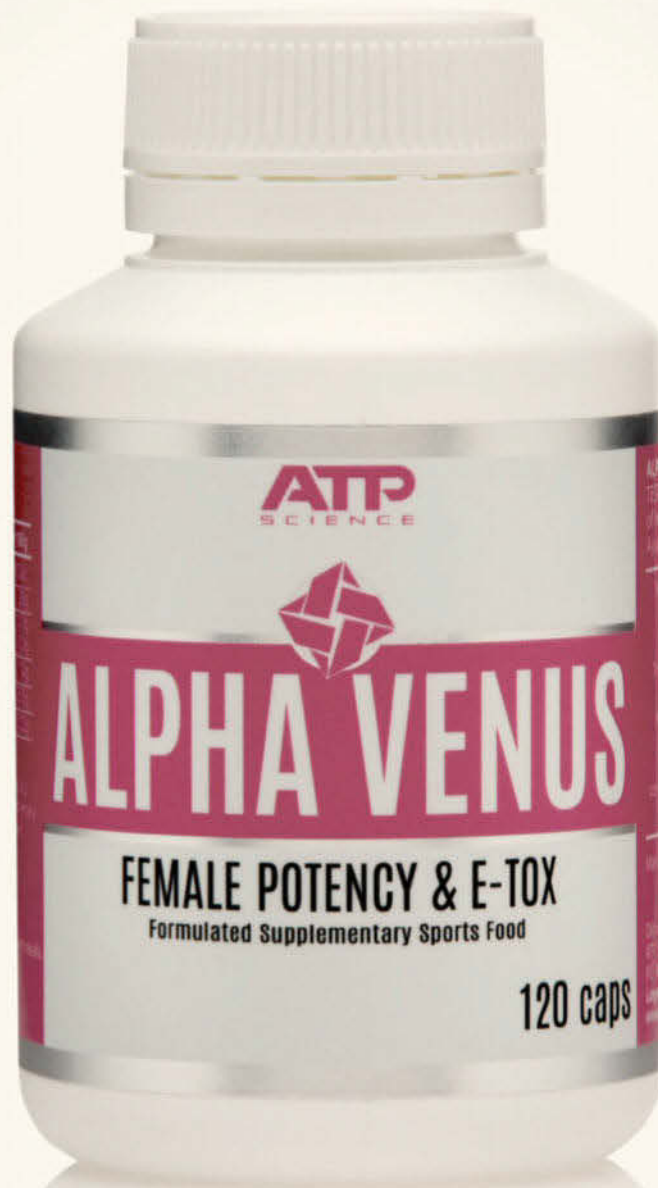
I will do _____ to become fit.

I will give up _____ food to become healthy.

I am committing because _____.

Signed, _____ ME

Women Love Me.



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SUPERFOOD SALADS



ADD JUST FIVE SUPERFOODS TO YOUR SALADS AND
YOU'LL RE-ENERGISE YOUR GREENS & YOUR BODY.

by koya webb

• photography by cory sorensen

You're looking for a quick, healthy fix, but you don't want to sacrifice flavour or the gains you've made in the gym. Your answer is a nutrient-rich, power-packed superfood salad! Don't mistake these salads for a starter or another side dish. These babies are flavourful, filling, and will fuel your body with the nutrients and energy you need to get through the rest of your day or recover from that last awesome workout.

These salads will soon become a staple in your nutrition plan because with a little creativity and a handful of ingredients, you'll have all the protein, carbs and healthy fats you need to energise your day.

**superfood:
MULBERRIES**

• **Why they're so great:** light in sugar yet sweet, dried mulberries are a great source of protein, vitamins C and K, fibre and iron. These antioxidants, including resveratrol, help lessen the damage caused by free radicals. Mulberries have an added bonus: fibre. You can get 20 per cent of your daily fibre needs in just ½ cup.

... FIBRE-RICH RANCH SALAD

INGREDIENTS

1 mixed greens package
(275 g)

• dressing

½ cup cashews
½ cup water
2 tablespoons lemon juice
1 tablespoon dill
1 tablespoon maple syrup
1 clove garlic
pinch sea salt

• topping

1 tablespoon dried mulberries

Blend ingredients for dressing and toss ½ cup of dressing with greens. Sprinkle on your dried mulberries.

[makes 2 servings]

Nutrition facts (per serving):

**calories 322, total fat 16 g,
saturated fat 3 g, trans fat 0, salt
180 mg, carbs 38 g,
fibre 7 g, sugar 12 g, protein 10 g**



superfood:
ORGANIC LUCUMA
POWDER

• **Why it's so great:** organic lucuma powder contains high levels of carotene, B3 and iron. Toss it over spinach and you also get a powerful dose of vitamin K, among other nutrients, which promotes healthy bone density. It's great for your workout recovery!

...TANGY SWEET MUSTARD SALAD

INGREDIENTS

1 bunch spinach

• dressing

¼ cup sunflower seeds
¼ cup extra-virgin olive oil
¼ cup apple cider vinegar
1 tablespoon Dijon mustard
2 tablespoons maple syrup
1 tablespoon organic lucuma powder
1 teaspoon turmeric
1 clove garlic
¼ teaspoon sea salt
pinch black pepper

Blend all ingredients in blender until smooth and toss over your spinach.

[makes 2 servings]

Nutrition facts (per serving): calories 389, total fat 29 g, saturated fat 4 g, trans fat 0, salt 464 mg, carbs 29 g, fibre 5 g, sugar 14 g, protein 7 g

GO GREEN TO STAY LEAN!

Active women looking to boost nutrients should aim to eat at least five servings of vegetables daily (that's about 2½ cups of cooked vegetables), and that includes leafy greens.

Leafy greens are full of vitamins, minerals and disease-fighting phytochemicals. They are rich in fibre, an important nutrient for weight loss and maintenance because it keeps you feeling full and helps control your hunger. Fibre also can lower cholesterol and blood pressure, and it can help temper blood-sugar swings by slowing the absorption of carbohydrates into your bloodstream after meals. Leafy greens also contain a lot of water, which helps keep you hydrated and contributes to beautiful skin and hair.


superfood:
ORGANIC CACAO
POWDER

• **Why it's so great:** filled with energy-boosting nutrients like magnesium that helps normal bone health and healthy immune function, it also boasts other essential minerals, including calcium, sulfur, zinc, iron, copper, potassium and manganese. Feel good about a little chocolate indulgence!


SUPERFOOD TOP TIP

BE DARING AND GET OUT OF YOUR RUT! ROTATE YOUR GREENS FOR AN INCREASED NUTRIENT PROFILE OVER YOUR WEEK. OPTIONS ARE KALE, SPINACH, ROMAINE, ROCKET, MESCLUN, SPRING MIX AND HERB MIX. BE CREATIVE!

... ENERGY-BOOSTING PECAN SALAD

INGREDIENTS

1 cup shredded romaine

• dressing

1 cup sun-dried tomatoes (soak 30 minutes)
 1 cup cherry tomatoes
 ¼ cup apple cider vinegar
 ¼ cup maple syrup
 1 clove garlic
 2 tablespoons fresh lime juice or lemon juice
 1 teaspoon liquid smoke or hot sauce
 1 teaspoon cumin
 1 teaspoon cacao powder
 ½ teaspoon sea salt
 pinch cayenne pepper

• topping

10 pecans
 3 tablespoons barbecue sauce

Blend all ingredients for dressing and toss ½ cup of dressing in with your romaine. Mix pecans and 3 tablespoons barbecue sauce together and place on top of salad.

[makes 2 servings]

Nutrition facts (per serving): calories **765**, total fat **60 g**, saturated fat **6 g**, trans fat **0**, salt **630 mg**, carbs **56 g**, fibre **12 g**, sugar **29 g**, protein **13 g**



superfood:
POMEGRANATES

• **Why they're so great:** Pomegranates are the most powerful antioxidant of all fruits. They contain high levels of flavonoids and polyphenols, which protect against heart disease and cancer.



... VEGGIE & QUINOA SALAD

INGREDIENTS

1 cup quinoa
1 chopped green apple
1 cup chopped asparagus
½ cup chopped tomato
½ cup chopped roasted beets
½ cup edamame

• **dressing**

¼ cup pomegranate juice
¼ cup lemon juice
¼ cup extra-virgin olive oil
1 teaspoon Dijon mustard
pinch of salt and pepper to taste

• **topping**

1 tablespoon dried parsley

Whisk all dressing ingredients in a small bowl and set aside. Rinse and soak quinoa in 2 cups water overnight. Drain and place quinoa in pot with 2 cups spring water. Bring to a boil, then simmer, covered, over low heat until tender and you see the germ of the seed, the curly "tail" (about 15 to 20 minutes). Lightly toss dressing, quinoa and veggies together and sprinkle dried parsley on top.

[makes 2 servings]

Nutrition facts (per serving): calories 702, total fat 35 g, saturated fat 5 g, trans fat 0 g, salt 184 mg, carbs 81 g, fibre 14 g, sugar 16 g, protein 23 g

BEST GREENS FOR YOU!

Some leafy greens, like collards and kale, are particularly rich in calcium, which helps keep your teeth and bones strong and reduces your overall risk for osteoporosis. Calcium also contributes to muscle function and blood-pressure management. Leafy greens contain potassium, as well, which further protects against osteoporosis and helps manage blood-pressure levels.

Vitamin C helps the body make collagen, too. Collagen is a major component of cartilage that aids in joint flexibility, may reduce your risk of arthritis, and keeps your skin and hair healthy and beautiful. Research shows that vitamin C also may slow bone loss and decrease the risk of fractures.



Diet-Plan OXY

superfood: CACTUS POWDER

• **Why it's so great:** Cactus powder is most commonly known as a treatment for lowering blood sugar in Type 2 diabetes. And if you've had a raucous night out, you may want to reach for it as a next-day hangover remedy because of its concentrated amounts of prebiotics. You can just call this your favourite morning-after salad.

... POWERFUL PESTO SALAD

INGREDIENTS

4-6 cups of kale

• dressing

2 cups basil leaves
¼ cup extra-virgin olive oil
¼ cup pine nuts
3 tablespoons lemon or lime juice
2 cloves garlic
1 teaspoon cactus powder
¼ teaspoon sea salt

Blend all ingredients in blender and massage into your kale for 30 seconds.

[makes 2 servings]

Nutrition facts (per serving): calories 412, total fat 37 g, saturated fat 5 g, trans fat 0, salt 298 mg, carbs 18 g, fibre 3 g, sugar 1 g, protein 8 g



AUTHOR KOYA WEBB IS A LOS ANGELES-BASED WRITER, PLANT-PROTEIN NUTRITIONIST, PERSONAL TRAINER AND YOGA INSTRUCTOR. KOYAWEBB.COM



Your **BEST LOWER BODY**

PHOTOGRAPHER: **DALLAS OLSEN** | MODEL: **KIERA BROWN** | HAIR & MAKE UP: **LISA LEE**

***Change up your leg routine
and see results fast!***

Here's how it works:

If you want to continue seeing results in the gym, you need to constantly keep your muscles challenged with workouts that force them to adapt. Remember that the longer you repeat a routine without changing it, the easier that routine becomes, as your muscles get used to

the stresses you're placing upon them. To keep the results coming, follow the rules provided here and you'll easily create workouts that will challenge your muscles and target them differently each and every time you exercise.

Another bonus: with this DIY plan, you'll also experience different rep, set and rest ranges. This will cause you to utilise a different percentage of type I and type II muscle fibres (slow-and fast-twitch, respectively) for your best lower-body development yet!

The rules that spell results

Here's exactly how to create your own no-sweat (figuratively, not literally, of course!) customised program.

1. Get into the game:

Warm up with at least five minutes of low-intensity activity prior to your routine; try jogging or casually skipping rope. Nothing to leg-intensive.

2. Stack your deck:

Choose two exercises from each group (A through C) and perform them in that order. The next time you come to train your legs make sure you incorporate the moves you didn't choose in your last workout. E.g. In your

first training session you might choose move 1 and 2 from part A, then in your next session you choose 2 and 3 and in your third session you'll choose 1 and 3. After three workouts you'll begin the process again.

3. Shuffle it up:

With every workout, you also have a choice between four different types of rep/set/rest formulas. Choose from the following:

a) Four sets of six to eight reps for each exercise, resting for 90 seconds between sets.

Complete all sets of one exercise before moving on to the next.

b) Three sets of 10 to 12 reps for each exercise, resting for 60 seconds in between sets. Complete all sets before moving on.

c) Three sets of 12 to 15 reps for each exercise, resting for 30 seconds between sets. Perform the required number of sets before going on to the next move.

d) Run through one set of each exercise, doing eight to 12 reps per exercise back-to-back without resting in between. After completing

the seven-move routine, rest for 90 seconds, then repeat the circuit once or twice more.

4. Eye on the prize:

Never rush through the exercises, no matter how many reps and sets. Maintain the best possible form.

5. Rest and recover:

Rest at least 48 hours – but no more than 72 – after each workout. You can either perform this routine twice or three times weekly, depending on your fitness levels.

{ group }

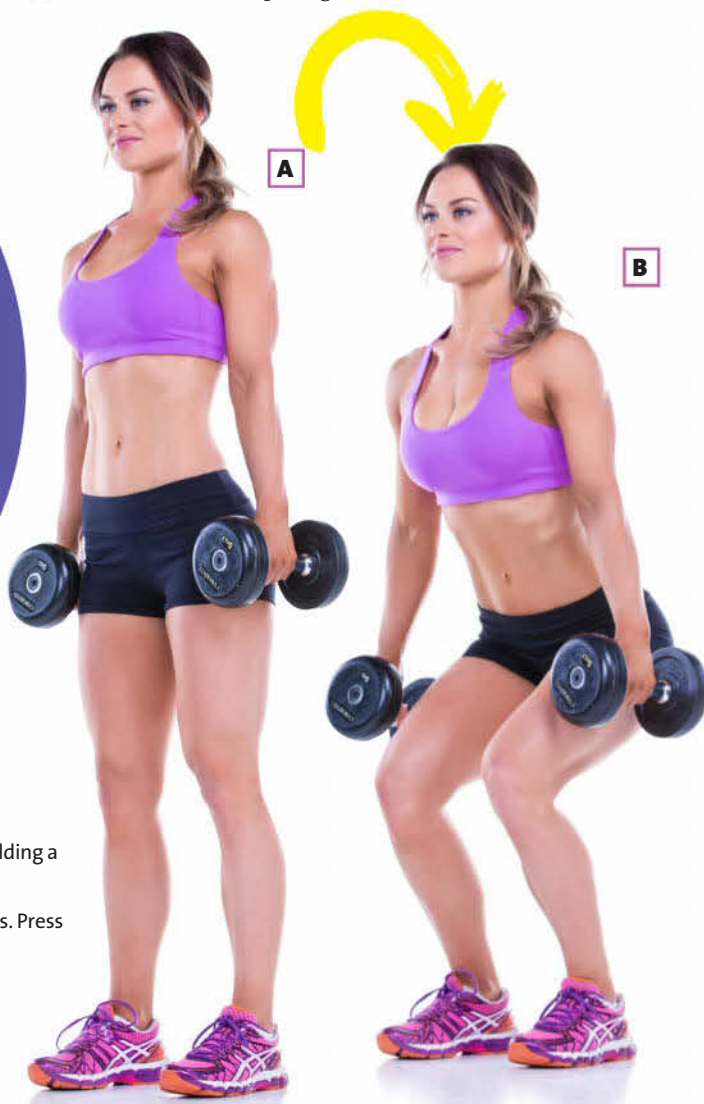
a

Squats hit your butt and thighs, but you can make these moves quad-centric by contracting the front of your legs as you rise.

1. Dumbbell squat

Set-up: Stand with your feet shoulder-width apart or wider, holding a dumbbell in each hand at your sides.

Action: Lower your glutes toward the floor by bending your legs. Press through your heels to return to the starting position.



2. Barbell squat

Set-up: Standing with your feet slightly wider than shoulder-width apart, hold a barbell across your upper back with an overhand grip.

Action: Bend your knees and hips to lower your body toward the floor; stop when your thighs are parallel to the ground. Extend your legs to return to the start.



3. Wide-legged dumbbell squat

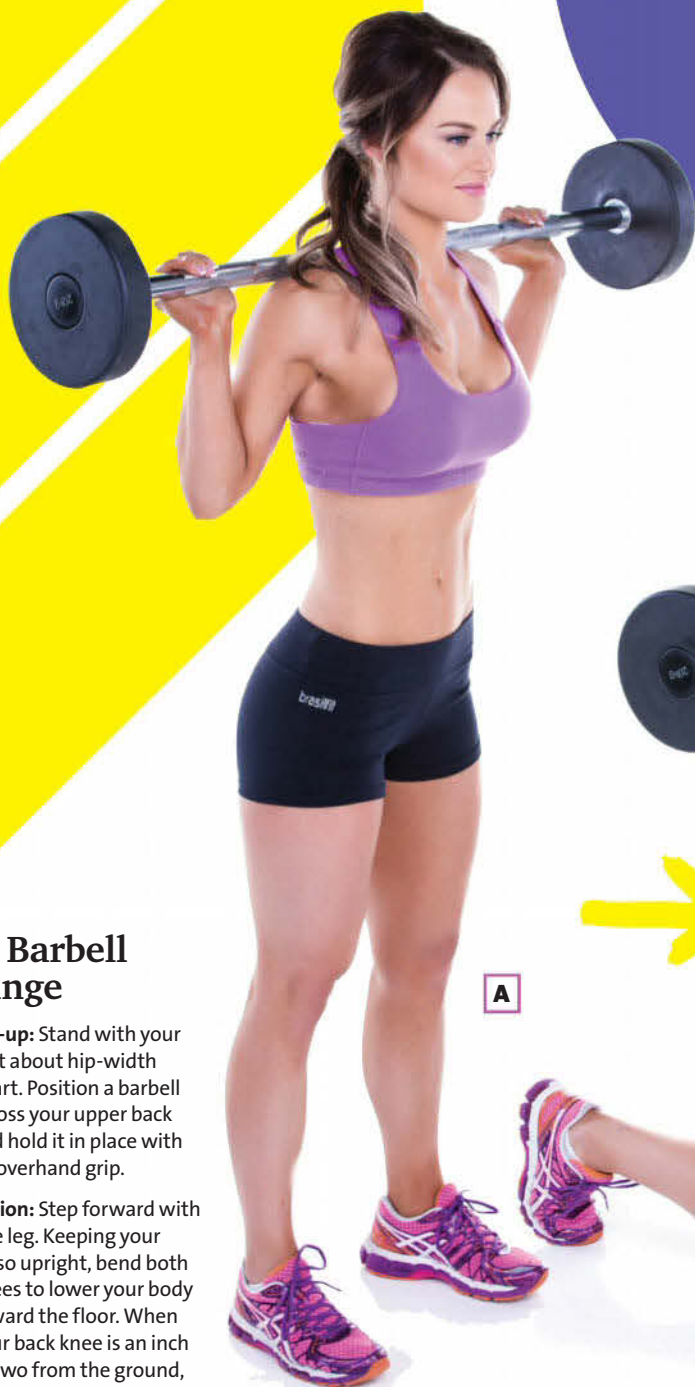
Set-up: Stand with your feet wider than shoulder-width apart, hold a dumbbell with both hands in the centre of your body.

Action: Keeping your back straight, bend your legs and lower your glutes until your legs become parallel to the floor. Return to start.

{ group }

b

Lunges are instrumental in toning the hamstrings. Plus, there are so many variations, you can never get bored.



1. Barbell lunge

Set-up: Stand with your feet about hip-width apart. Position a barbell across your upper back and hold it in place with an overhand grip.

Action: Step forward with one leg. Keeping your torso upright, bend both knees to lower your body toward the floor. When your back knee is an inch or two from the ground, reverse the move to return to the start. Continue, alternating legs.



2. Curtsy lunge

Set-up: Stand with your feet shoulder-width apart and hold a dumbbell in each hand at the sides of your body.

Action: Step one foot at a time backwards and on a diagonal towards the other foot. Lower the knee down as you lunge, keeping the knee of the front leg stable. Press yourself back up and return to the start position. Repeat on the other leg, switching until you have completed the set number of reps.

Tip: If you are new to this exercise, begin with no weights and rest your hands on your hips instead. Make sure you keep your abs tight to prevent any wobbling.

3. Dumbbell reverse lunge

Set-up: Stand with your feet hip-width apart, holding a dumbbell in each hand at your sides.

Action: Take a step backwards with one foot. Bend both knees to lower toward the ground, stopping when your rear knee is an inch or two from the floor. Reverse and repeat, alternating legs with each rep.



1. Barbell deadlift

Set-up: Stand with your feet about shoulder-width apart. Hold onto a barbell with both hands, palms facing the front of your thighs.

Action: maintaining a slight bend in your knees, hinge forward from your hips. Stop when your torso is parallel to the ground, then extend from your hips to return to standing. Repeat.



{ group }

C

Fatigue your glutes and complete your routine with one of these moves.

2. Weighted lying bridge

Set-up: Lay face-up on a mat, with your legs bent and feet flat. Hold a weight plate of your choice over your lower abs and pelvis.

Action: Lift your hips from the floor to bring your body into a line from your neck to your knees. Slowly return to the start. Try to finish your set without touching your glutes to the mat.



3. Bridge on bench

Set-up: Sit on a bench with the weight place of choice on your lap. Hold onto the plate with both hands and walk your feet forward, sliding your back onto the bench until only your shoulder blades and head are in contact with the bench. Your hips should be up in the air and parallel to the floor.

Action: Keeping a hold of the plate, lower your hips towards the floor without actually going all the way down to the floor. Slowly come back up to return to the start.

Tip: If you are new to this exercise, begin with no weight plate. Once you progress and get stronger, you can add a light plate.



A



B



B

FIT AND FABULOUS IN HER FORTIES

PHOTOGRAPHY BY JAMES PATRICK

FAST FACTS

Name: Beth Adair
City: Ponte Vedra Beach,
Florida, USA
Occupation: Flight attendant

Age: 47
Height: 169cm
Weight: 57kg

Beth Adair found a love for fitness in her twenties and by making it her lifestyle, she has remained in great shape for over twenty years.

AT 16 YEARS OF AGE BETH WEIGHED IN AT 77KG, ALTHOUGH SHE WAS TOLD SHE CARRIED IT WELL, SHE FOUND IT DIFFICULT AND KNEW SOMETHING HAD TO CHANGE.

"It made it hard to socialise being that weight because I lived at the beach and didn't really want to wear a bikini. I was stressed, ate too much, felt out of control and was on a downward spiral to becoming really overweight," she says.

However by making a few changes she started to regain her confidence.

"I'll admit, the first month sucked for me when I was changing my ways. At first I hated giving up all the larger portions of what I was eating, but once the weight started coming down, I felt better and was happier," she says.

At 22, she had her first "serious" training session with Wayne Lenihan in Orlando, Florida and she hasn't looked back since.

"Back then, I was in college and could hardly do 11 reps of knee ups on the captain's chair. I eventually worked my way up to 50 reps," she says.

Although she put the weights down for two years, one day while she was at work she found the motivation to pick them back up again.

"I am flight attendant by profession and one day when I was 27 I picked up a US Oxygen magazine that was left by a passenger on a flight and realised I needed to get back to the weight room," she says.

Beth hasn't skipped weights since and her hard work still pays off to this day.

"Recently, I wore a sleeveless dress to fly out of town and a

"I love to laugh. I laugh at work and always find funny people everywhere. I try to find humour in everything."

"Now I'm self-motivated; some of the things I learned then, in my twenties, I still do in my forties."

girl in her twenties asked what I did in the gym, it was such a compliment! Weights make such a difference," she says.



Beth also loves to run, finding it more of a “mind release” than weights; she has accomplished many goals she set for herself through running.

“I’ve completed numerous races all over the United States including seven Gate River Runs (the nation’s largest 15K road race), as well as three New York City marathons, one half marathon in Hamilton, Bermuda and now I run mostly for recreational purposes, not competition,” she says.

“Top 10 per cent was my best finish in the Gate River Run. Running at races is a great way to socialise, as much fun too as the gym.”

Beth has never aspired to be “bone skinny” thin and she loves to eat. She also loves motivating others to train and lift weights.

To stay motivated, she surrounds herself with positive people and influences.

“I belong to a gym frequented by seniors and retired athletes. The members there haven’t ‘thrown in the towel’ on their fitness. Some of the men and women I see at the gym work as hard (or harder) than me, and they are in their 70s and 80s,” she says.

“One man walks with a cane and makes it to the gym everyday at 11am. He jokes that my dad is ‘a child’ at 71 years old. I once chatted with a 78 year old female gym member undergoing cancer

treatment. She was madder about not being able to do her usual 3-4 hours a day of training than she was doing her cancer treatments (which cut her training to 1-2 hours a day)! She’s amazed her doctors, friends and kids.”

In 1994 Beth faced the toughest circumstance life has thrown her yet however she used her health and fitness to cope and to overcome the situation.

“The hardest thing life handed me was my brother’s suicide. I found that his decision was harder than any pay cut, job stress, move or any other personal stress I might be faced with years later. Fitness kept me focussed though and I worked two jobs back then to help cope with the loss,” she says.

“The good news is that I’m still able to laugh and I pass the message to anyone discussing suicide that it’s the easy way out and to get help if they are contemplating it.”

Beth loves to laugh and always makes the most of life; she believes that “if I’m not laughing, it’s not worth it.”

“I love to laugh. I laugh at work and always find funny people everywhere. I try to find humour in everything. Sometimes you have to be serious, but I can’t imagine life without laughs and fun!”

For more information on Beth visit www.bethadair.com



Why you should be including *the food with a “bad” rep in your meal plan*

BY ASHLEY DRUMMONDS

When starting your leaning out program the first things you know have to go are cheese, dairy, and especially butter, right? Well recent studies have shown otherwise. In fact they have proved that...

“Incorporating butter into your nutrition program can actually aid in fat loss.”

‘How is this possible?’ you ask, as you are always taught to order your veggies and proteins “dry” or without butter when eating out.

There are things called MCTs or Medium Chain Triglycerides found in foods like butter and coconut oil that, when combined with protein, the body will not store as fat. The scientific definition of MCT’s is a unique form of dietary fat that impart a wide range of positive health benefits.

MCT’s are metabolised faster than other fats and used as fuel quickly when combined with protein. Basically, unlike other fatty acids, the calories from MCT foods are more efficiently converted into fuel for immediate use by organs and muscles.

The best way to incorporate MCTs like butter and coconut oil is when your body is in a fasted state, such as first thing in the morning for breakfast. For example, you could mix up your egg white omelette by cooking it in 1 tbsp. of coconut oil or organic butter to meet your protein and fat macronutrient needs.

The key is to combine the fats with high protein meals, NOT carb heavy meals. When using fats you want to keep the

carbohydrate count to a minimum. Conversely, when using carbohydrates you want to keep your fats to a minimum.

Now you can start your leaning out program or new fat loss program while incorporating delicious things like butter and coconut oil into your meal prep.



ABOUT THE AUTHOR

Author: Ashley Drummonds is a women’s health and fitness expert, entrepreneur, creator of the ABS Brand (Authentic Beauty & Strength).

To connect with her more head to www.AshleyDrummonds.com





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GOT

30

MINUTES?

by Lara McGlashan, CPT, Fitness Editor photography by Peter Lueders



YOUR TIME-EFFICIENT
TOTAL-BODY SUPERSET
PROGRAM IS HERE.

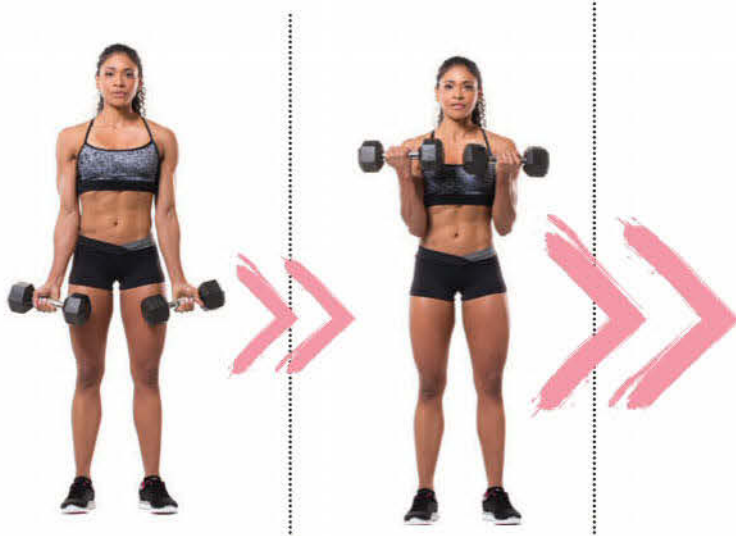
A SCARY STATISTIC

Nearly 70% of Australian adults (i.e. almost 12 million adults) are either sedentary or have low levels of physical activity, according to the Australian Government Department of Health. While this is a scary statistic, we're almost certain that not a single one of our Oxygirls are contributing to that number. However, if you've had low activity levels lately, it's time to get out of your slump.

This program trains opposing muscle groups in supersets — two moves done back-to-back with no rest in between — and blends them with cardio bursts to elevate your heart rate and give your metabolism a bump. All you need is a set of dumbbells and 10, 20 or 30 minutes, depending on your social or errand-laden schedule that day. Tailor the cardio bursts to suit your mood: use the more moderate "humbug busters" to energise you when you're feeling gassed, and implement the higher-intensity "jingle jumps" when you're flying high with holiday spirit. Do this program at home or in the gym up to five days a week. As a result you'll knock stress and fat-storing cortisol outta the park, plus you won't be contributing to the sedentary adults' statistic.

THE PLAN

After a five- to 10-minute dynamic warm-up, perform each strength move in the pair for one minute with no rest in between. Then do a one-minute cardio burst of your choice, depending on your mood and energy level. Rest 30 seconds before moving on to the next set of exercises. One time through the routine clocks in at 10 minutes, so fit this in whenever you have some spare time, repeating the routine up to three times for a 30-minute workout. Finish up with a five- to 10-minute cool-down and stretch.



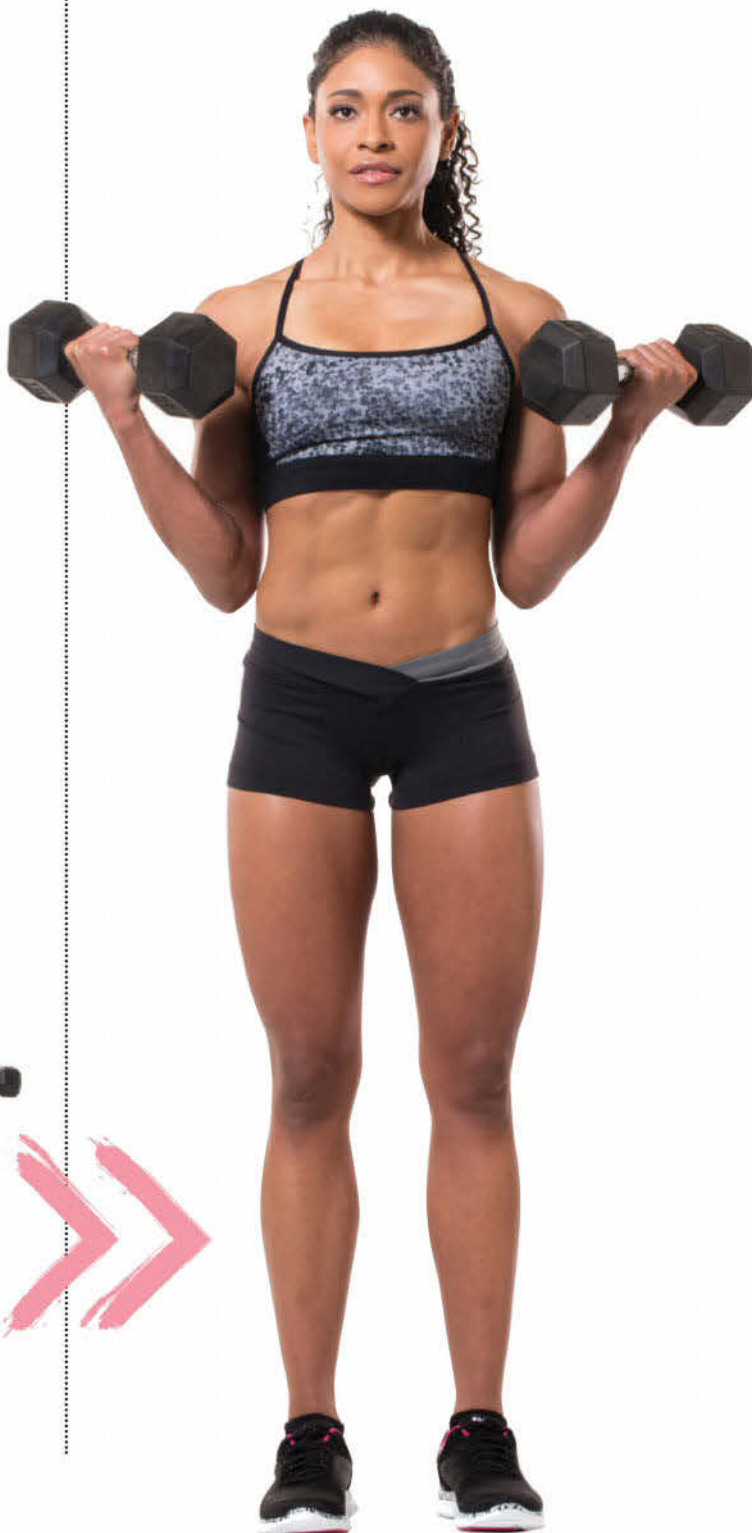
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► in-and-out biceps curl

Setup: Stand with your feet hip-width apart, knees slightly bent, and hold a set of dumbbells at your sides, palms facing forward.

Move: Bend your elbows and curl the weights up toward your shoulders, keeping them in front of you. Lower to the start, then open your palms to the sides and do another curl. Lower to the start to complete one rep.

Tip: To make this harder and engage the core, do it standing on one leg.





Tip: To make this harder, hold a dumbbell in each hand, with your non-working weight at your shoulder or extended fully for an isometric contraction.



► **shoulder/tri combo**

Setup: Stand with your feet hip-width apart, knees slightly bent, and hold a dumbbell at your shoulder with your elbow down, palm facing forward.

Move: Press the weight straight up overhead until your arm reaches full extension. Then hold your upper arm steady as you bend at the elbow and drop the weight behind your head. Straighten your arm back to the top, then lower the weight back to your shoulder to complete one rep.

► **jingle jump option 1: skater**

Leap to one side and land on your out-side foot, swinging your opposite leg behind you as if skating. Repeat, alternating sides.



Exercise		Time
1	In-and-out biceps curl	60 seconds
	Shoulder/tri combo	60 seconds
	Skater	60 seconds
	Rest	30 seconds
2	Goblet squat and press	60 seconds
	Single-legged deadlift	60 seconds
	Burpee	60 seconds
	Rest	30 seconds
3	See-saw dumbbell row	60 seconds
	Push-up, plank and touch	60 seconds
	Squat leap	60 seconds

2

goblet squat and press

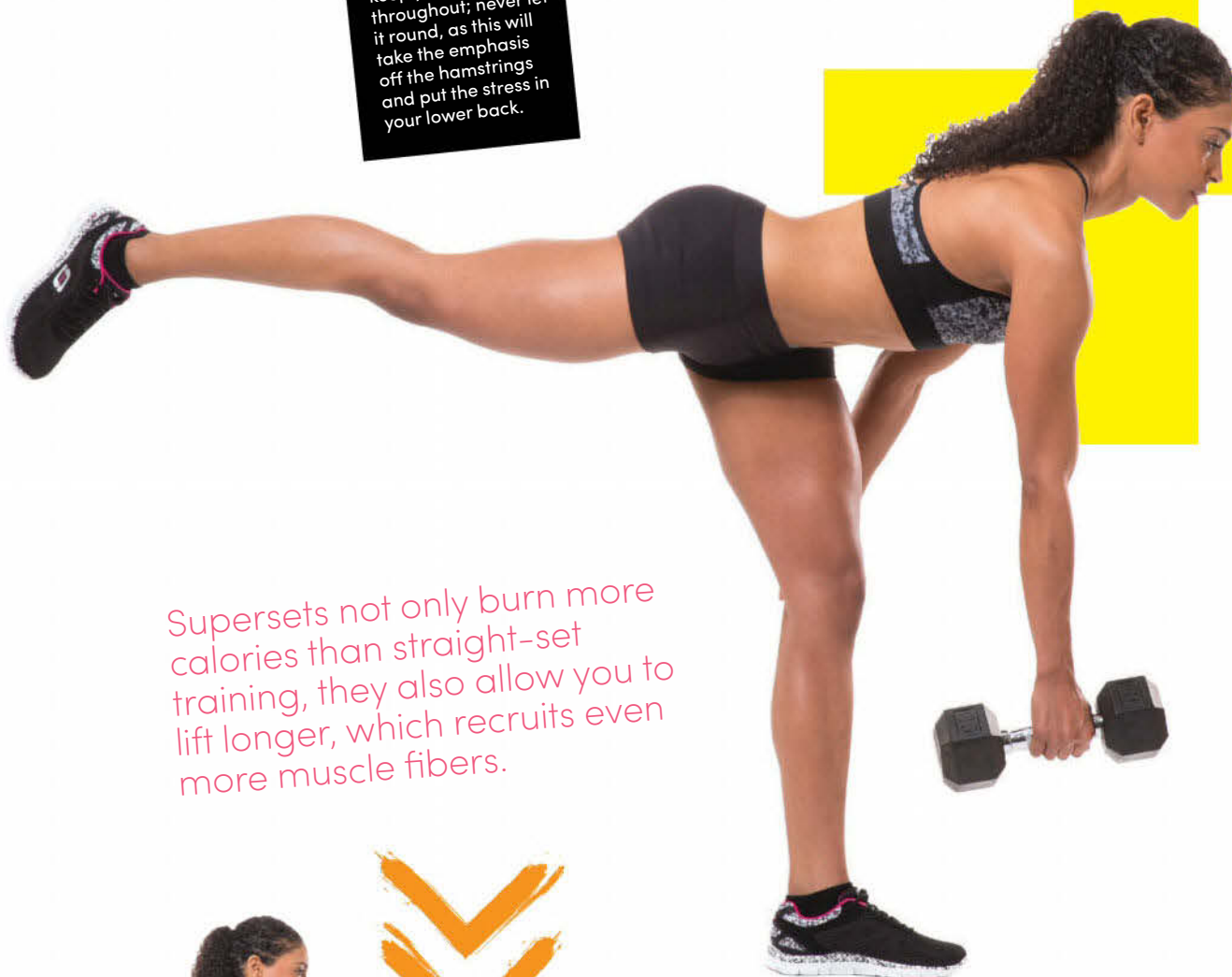
Setup: Hold a dumbbell in both hands in front of your chest and stand with your feet hip-width apart.

Move: Kick your hips back, then bend your knees to squat down, lowering until your thighs are parallel to the floor. Drive through your heels and extend your legs to return to the start. As you rise to the top, press the dumbbell overhead. Lower it to complete one rep.



Tip: Don't rush this move, especially as you return to standing, or you might lose your balance.

Tip: Remember to keep your back flat throughout; never let it round, as this will take the emphasis off the hamstrings and put the stress in your lower back.



Supersets not only burn more calories than straight-set training, they also allow you to lift longer, which recruits even more muscle fibers.



► **single-legged deadlift**

Setup: Hold a dumbbell in your right hand at your side and shift your weight onto your left foot.

Move: Hinge from the hip and slowly fold forward, maintaining a flat back and tight core, lifting and extending your right leg to counterbalance you as you descend. When your body and leg come parallel to the floor and you feel a good stretch in your hamstring, slowly reverse the motion to return to the start.

► **jingle jump option 2: burpee**

Crouch down, place your hands on the floor, and hop your feet behind you into a plank. Hop your feet underneath you, stand up and leap into the air to complete one rep.

HUMBUG BUSTERS

Are your energy levels low after running around at work or after the kids all day?

Use these more moderate cardio bursts to reignite your metabolism and rekindle your energy stores:

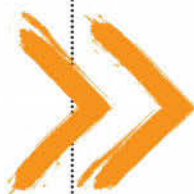
Run in place: As quickly as you can, landing on your toes

Jumping jacks: Jump your feet apart and bring your arms overhead simultaneously. Jump your feet together and bring your arms down to complete one rep.

Ski hops: Jump laterally side to side, landing on the balls of your feet.



3

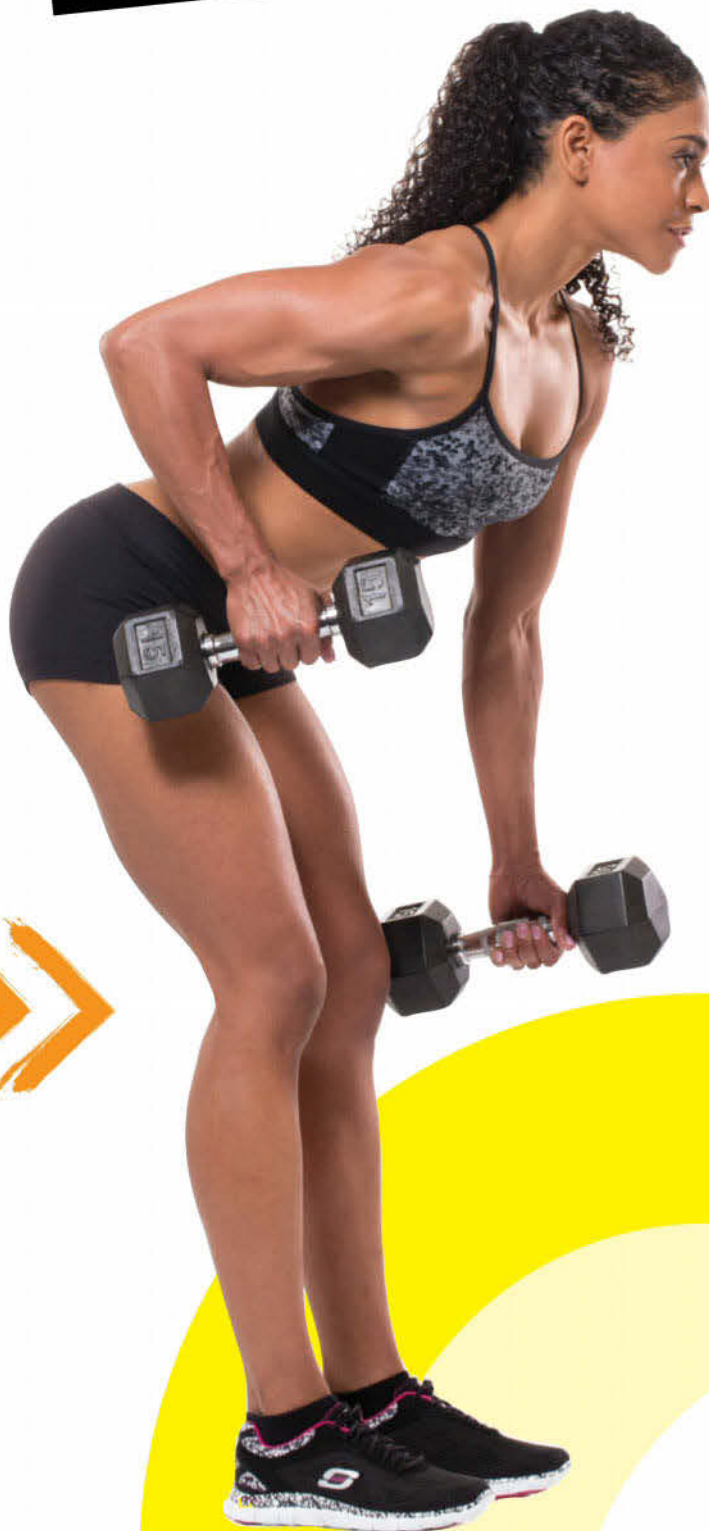


► see-saw dumbbell row

Setup: Stand with your feet hip-width apart and hold a set of dumbbells at your sides. Maintaining a flat back, hinge forward at the hips until your torso is about 45 degrees to the floor. Your arms should hang perpendicularly with your palms facing inward.

Move: Drive one elbow up and back, squeezing briefly at the top, then as you lower simultaneously, lift the other weight similarly. Continue, using an even pace and alternating sides.

Tip: Keep your abs tight and your back straight, and resist the urge to tilt side to side in time with your hands.



► push-up, plank, touch

Setup: Get into a push-up position with your hands underneath your shoulders and your head, hips and heels in line.

Move: Bend your elbows and lower your body toward the floor for a push-up, then extend your arms and hold at the top for one breath. Then alternately touch your hands to your opposite shoulders, using an even pace, for three reps apiece to complete one rep.

Bonus: To make this harder, lift one leg off the floor as you do your push-up.

► jingle jump option 3: squat leap

Squat down, then extend your legs explosively, reaching your arms overhead and leaping into the air. Land softly and repeat right away.



RESEARCH ROUNDUP

Burn more calories, lift longer!

According to a recent study done at Syracuse University, the calorie expenditure for supersets is higher than with straight-set training because of the shortened rest time between moves. This fast-paced training style also caused participants to burn more calories postworkout, likely due to the metabolic disruption caused by the higher accumulation of lactate during the workout, and the body's efforts to clear that lactate afterward.

Another study suggests that pre-fatiguing the agonist muscle and then working the antagonist (or vice versa) enabled participants to get two to three more reps per set than when working only one muscle group solo. Muscles tend to co-contract in order to stabilise joints, such as the quads and hamstrings, protecting the knees when playing sports. This can diminish the force produced in one of the muscles in the pair, as the other is "fighting" to contract as a stabiliser. Pre-fatiguing one muscle allows the other to have more neural drive by diminishing the fight of that other muscle, which means more reps per set as a result.

Lesson learned: supersets not only burn more calories than straight-set training, they also allow you to lift longer, which recruits even more muscle fibers and gets you results faster.

Tip: Each time you lift your hand to touch your shoulder, tighten your abs to prevent your hips from tipping side to side.

NOW PRACTISING HER THIRD SPORT AT AN ELITE LEVEL, LIVIA GLUCHOWSKA IS UNSTOPPABLE.

Fast facts:

City: Melbourne, VIC
Occupation: Physiotherapist
Age: 30
Height: 158cm
Weight: 52kgs

PASSIONATE, PERSISTENT AND POWERFUL

I TOOK UP RHYTHMIC GYMNASTICS AT THE AGE OF SEVEN, WHICH QUICKLY ESCALATED TO TRAINING UP TO 35 HOURS A WEEK AT AN ELITE LEVEL. I RETIRED AT THE AGE OF EIGHTEEN AND THEN IMMEDIATELY STARTED TRAINING FOR TRACK SPRINT CYCLING (ON THE VELODROME). Although

I did have some promising results, such as winning the Austral Wheelrace, I was never content with not making the Australian Team. I decided to give competitive cycling a rest and start my university degree. Fortunately for me, that's when

I also discovered Brazilian Jiu Jitsu (BJJ), and as they say, the rest is history.

WHY I LOVE JIU JITSU

Jiu jitsu has made me a more grounded, more balanced, happier and healthier person. All aspects of my life have improved since I started five years ago. The mental aspect of jiu jitsu teaches me how to deal with anxiety, claustrophobia, nerves and conflict resolution. The physical side has made my body strong, fit and lean.

I have learnt a lot in the last few years; my skill set has expended, I am able to defend myself against a much bigger

and stronger opponent and my fitness is at its peak. My training has become more advanced, the volume has also increased and I have gone from training 2-3 times per week to two times per day.

“Training and learning every day gives me confidence, a strong mind, a fit body, close friends and a healthy dose of endorphins.”

The most rewarding part of training is learning new skills and pulling them off in competition. Getting better at jiu jitsu involves solving a puzzle, correcting mistakes, learning new moves and integrating them into my practice. The satisfaction I get from performing in training and in competition can't be put into words. I also love seeing my partner and my team mates improve, becoming stronger and better every day.

OVERCOMING OBSTACLES

This is the third sport I am practising at an elite level. Changing sports is not easy, not only physically but also mentally. Going from being top of the crop to the bottom is challenging, but with persistence, perspective and hard work, anything is possible.

As a young rhythmic gymnast I was riddled with disordered eating and body dysmorphia. It took me to my mid-20s to be able to eat in public and to accept my body the way it was. I slowly learnt that exercise should be fun and enjoyable and not simply a tool to lose weight or punish myself. Now, I feel as

though my body is a result of my training and not the other way around. I don't exercise to achieve a certain look; I exercise to feel good about myself, to be strong, fit and functional. I have a balanced diet and I don't restrict any food groups. I don't feel guilty if I eat cake - I enjoy it, knowing that with the amount of training I do, it won't make the slightest difference to my weight.

Training jiu jitsu has helped me in dealing with claustrophobia and anxiety. After I started working with my sports psychologist Anthony Klarica, I began to understand a lot more about myself. Jiu jitsu is a sport where I am put in

very extreme situations every single day, which means many problems surface quickly, forcing me to deal with them right there and then.

I am now a much calmer, more balanced, kinder, stronger and a more patient person than I was five years ago.

HOW I STAY MOTIVATED

My motivation is internal - it comes from a desire to execute a skill and to keep adding to my game. I want to be a well rounded, technical jiu jitsu fighter and each day I am getting closer to that goal.

Additionally, I like competing and I like winning. There is no better motivator than the next fight. The feeling of getting your hand raised at the end of a match at a

high level competition is awesome. Similarly, losing gets me motivated to improve more than ever before.

THE FUTURE

I have a busy year of competing around the world, including Japan and Los Angeles in May and perhaps Asia or the USA later in the year for some more competitions (depending on funding). In the meantime training doesn't stop - there is always something to work and improve on.

I am also trying to grow the women's team at Absolute MMA and Conditioning by running women's only BJJ classes and making the ladies more comfortable in a male-dominated sport. The numbers are slowly growing and I will

be working hard on retaining women in the sport.

MY ADVICE TO YOU

Health and fitness is a lifestyle and not just a passing fad. Find a form of exercise you really enjoy and stick with it. Results will come, but not overnight. Getting in shape is a lifestyle choice and not a two-week diet. There is really no substitute for hard work and no magic pills. Eat well, exercise every day and don't punish yourself if you have an off day. Celebrate you for the way you are.

You can stay up to date with Livia at www.livjiujitsu.com.au



LIVIA'S AMAZING ACHIEVEMENTS:

- 2 x World Champion (2013, gi and no gi, blue and purple belt)
- Asian Champion (2014, purple belt)
- 7 x Pan Pacific Champion (blue, purple belt)
- Abu Dhabi Pro Trials winner (2015, purple-black belt)
- 2nd Place Brazilian Nationals (2014, purple belt)
- 3 x Australian Champion
- 10 x State Champion



STAY ON YOUR FEET!

In the gym or out on the road, your feet endure a lot, which explains why they're so vulnerable to injury. Find out about common injuries and learn how to protect those footsies.

By Karen Asp





Suffice to say that as an active woman, your feet, which surprisingly house 25 per cent of your muscles, are your most important body part. They're so well-used, in fact, that by the time most people turn 50, they've logged 1,200,000 kilometers on their feet, according to the American Podiatric Medical Association.

Why those dogs talk back, sometimes more than you'd like. So what are some of their most common complaints? Take a look at the following five scenarios and get the scoop on how to solve and prevent these foot crises, ultimately giving your feet the love they deserve.



1

YOUR FEET FALL ASLEEP WHILE YOU'RE DOING CARDIO.

➤ **WHAT'S GOING ON:** Your feet are lacking circulation, usually caused by improperly fitted shoes, says Katy Bowman, biomechanist in Seattle and author of *Whole Body Barefoot* (Propriometrics Press, 2015).

➤ **THE FOOT FIX:** Check that your workout shoes aren't too small or tied too tight. You should be able to fit a finger under your shoelace. Then take out the insert in your shoe and step on it. If any part of your foot hangs over, your shoes are too small, says Johanna Youner, DPM, board-certified foot doctor and surgeon in New York City.

➤ **PREVENTION PLAN:** When shopping for shoes, go right after a workout because that's when your feet are largest, Bowman says. Any shoe you stand in should be a one and a half centimeters longer than your toes. Also, simulate your workout movements in the store so you can feel how the shoe moves. In fact, take them for a test drive — jog around the store! If it's tight on the sides or doesn't let you spread your toes, look for one with a wider toe box.



Give your feet a break — don't wear heels all day.

2

YOU'RE BATTLING TIGHTNESS IN YOUR LOWER LEG THAT WON'T GO AWAY.

➤ **WHAT'S GOING ON:** Those heels you sport at work could be screwing up your calf muscles. When you wear heels, your calf muscles actually shorten, which then causes a myriad of problems, including loss of joint range of motion and muscle length in your legs, which can lead to injury. Physical activities that put you on the balls of your feet also could be an issue here.

➤ **THE FOOT FIX:** Decrease or eliminate your time in high heels, Bowman says. Can't part with those heels? After 3 pm, switch to lower-heeled shoes, especially if you're logging an after-work sweat. "Giving your feet that time off from heels will make the transition into workout shoes less drastic and damaging on your calf muscles," she adds. If that's not an option, extend your preworkout warm-up by five or 10 minutes.

➤ **PREVENTION PLAN:** Once you've cut your heel time, vary your workouts so you're not always doing activities like the StairMaster and elliptical that put you on the balls of your feet.

3

YOU'VE GOT AN ANNOYING BLISTER ON THE BACK OF YOUR HEEL.

➤ **WHAT'S GOING ON:** Rubbing of the heel counter to your shoe can cause abrasion that leads to a blister. The most common culprit? Shoes that aren't properly fitted or the shoe's design, in this case a heel area that might be too wide, says Rick Mende, director of research for the Institute for Preventive Foot Health in Statesville, North Carolina.

➤ **THE FOOT FIX:** Although you might be tempted, avoid popping that blister, especially if you have diabetes. "Otherwise, you could risk infection," Mende says. Instead, cover it with moleskin or a specially padded bandage. In a pinch? Use duct tape. If your skin breaks, apply an antibiotic ointment to prevent infection.

If, though, the blister is large and seriously interferes with your movement, especially if your feet are your only transport and you need to move, you can pop and drain it. Just do it within 24 hours of getting it so you start the healing process. Some tips: Sterilise a needle (rub with alcohol or place it over a flame), pop the blister from the side without twisting the needle, make a few holes in different sides and squeeze out the fluid. After, seal it with glycerin gel lubricant, dab with antibiotic ointment and cover with a bandage.

➤ **PREVENTION PLAN:** Wear padded socks and properly fitted shoes, Mende says. Also, if you're hiking in wet or damp conditions, change your socks at least once a day.



4

YOUR HEEL IS ON FIRE, ESPECIALLY WHEN YOU TAKE THAT FIRST STEP IN THE MORNING.

➤ **WHAT'S GOING ON:** You could have plantar fasciitis, a painful inflammation in the tissue that connects your heel bone to the base of your toes. That inflammation, common in people who run or jump a lot or those with very flat feet or high arches, can get worse if you're wearing unsupportive shoes or the wrong shoes for your activity, Youner says.

➤ **THE FOOT FIX:** Seek medical attention, especially if the pain interferes with daily activities. Your doctor may recommend an orthotic, which can ease stretching and stress of the plantar fasciitis. You also should curtail high-impact activities and veer toward low- or no-impact activities. Ice the affected area for 10 minutes on, 20 minutes off, several times a day, and do simple stretches. Try, for instance, the seated stretch in which you sit on the floor with your legs extended in front, towel wrapped around the ball of the affected foot, and pull your forefoot toward you, keeping your heel on the floor; hold 20 to 30 seconds and repeat three times.

➤ **PREVENTION PLAN:** Make sure you're using the right shoe for your activities. "And if you're a runner or high-mileage walker, change shoes at least every eight months," Youner says.



Duct tape can be a quick blister fix if you're in a pinch.

5

YOU'VE DEVELOPED THE DREADED BLACK TOE.

➤ **WHAT'S GOING ON:** In most cases, blame trauma to the nail, especially if you're a runner, walker, hiker or soccer player. If you're wearing a shoe that's too small or tight, your foot doesn't have enough space to move in the shoe. Your toes, especially that big toe, then slam into the shoe, causing the nail to bruise and bleed. The normal back-and-forth motion of the toe in the shoe also can cause this.

➤ **THE FOOT FIX:** See a doctor. "The blood needs to be removed from the nail so it doesn't create permanent nail injury," Youner says. And don't worry if the nail falls off; it'll grow back.

➤ **PREVENTION PLAN:** Check that shoes are properly fitted to your feet. Padded socks, tube foam toe bandages and silicone toe-cap pads also can keep this from being a recurring problem. ●

PLEASE NOTE: IF AT ANY POINT YOU DO SUFFER AN INJURY TO YOUR FEET OR SEE A CHANGE IN YOUR FEET, SEEK MEDICAL ADVICE.



For head-to-toe fitness, don't forget your feet!

THE 2015 CLEAN HEALTH STRENGTH SPORTS CHALLENGE

AUSTRALIAN FITNESS & HEALTH EXPO, MELBOURNE APRIL 10-12TH

BY DAINE McDONALD,
FOUNDER AND MANAGING DIRECTOR OF
CLEAN HEALTH GROUP

PHOTOGRAPHY BY CM PHOTOGRAPHY

The Clean Health strength sports challenge is the brainchild of Clean Health founder Daine McDonald and his Sydney CBD personal training manager Brad Soper. The two wanted to attract strong, powerful, athletic and conditioned people to set the benchmark for strength athletes.

STAGE 1

With a focus on strength, athletes have two hours to work up to their 1RM on three key lifts:

1. **HIGH BAR BACK SQUAT:** The squat is one of the simplest and well-known compounds lifts. Every athlete benefit from it. Squatting below parallel has greater transfer from an athletic performance standpoint and requires a functional and mobile athlete, not someone who is strong but stiff.
2. **MUSCLE CLEAN AND PRESS:** This exercise is a great test for brute strength and upper body power application. Unlike the clean and press, there is no leg/hip drive, so it is not as complex as the traditional weightlifting movement. The simplicity of the move allows an untrained person to complete it like strongman.
3. **15-METRE FARMER'S CARRY:** This exercise is done in an L-shape, making it challenging because it requires coordination and stability in addition to strength.

The top three totals from each weight class then proceed to the final stage.





STAGE 2

Stage 2: With a focus on application of strength and conditioning, the athlete's weights are moved back to 80% of their 1RM's.

For example, if the athlete progressed through to the finals on a 200kg squat, 80% of that is used in the finals, i.e. 160kg. The athletes then have 15 minutes to do as many rounds as possible at 80% of their 1RM's. Simply put, this is brutal.

At the end, the person who moves the top total weight is the winner. For example, if you go through to the finals on a lighter weight that is okay, you just needed to complete more rounds than the athlete who has a higher weight than you.

As you can see, this is a truly brutal concept and one that separates girls from the women. The event was open to anyone from a strength-training background, for example, CrossFit, powerlifting and weightlifting athletes. This leads to quite a diverse line up in the inaugural event.

The winner of the female division was Jessica Curl, a strength and wellness coach at 5th Element Wellness in Melbourne.

As a former soccer player who moved from America to Australia for her career, only to experience a serious knee

injury, Jessica says winning the challenge was one of the coolest things she's accomplished since being in Australia.

"I think I came into it as a bit of an underdog, so it was nice to get a result out of it. I trained hard leading up to the competition and had specific training programs and nutrition plans tailored to the Strength Sports Challenge," she says.

"It was great having my trainer Dave O'Brien, as well as my whole 5EW team, there to share the experience with me and to support me."



The next Strength Sports Challenge will be held at the Sydney Fitness & Health Expo October 16-18, 2015. This event promises to be an even bigger and better event with international guests and prize money on hand.

For more information visit:
www.cleanhealth.com.au/ssc or
 follow us on Instagram
 @cleanhealthpt
 @strengthsportschallenge



Cardio: what kind is best & when

**the ultimate
guide
use these
four cardio
protocols and
get leaner,
stronger &
faster **than**
ever.**

By Lara McGlashan, CPT, Fitness Editor
& Michelle Basta Speers, NSCA-CPT

There are many different types of cardio out there and often we become confused by which one we should be doing. *Oxygen* is here to simplify cardio for you as we break down the four most popular modern protocols. We're giving you the skinny on their benefits, their execution and their applicability to your lifestyle and goals. Read on to make them part of your program!

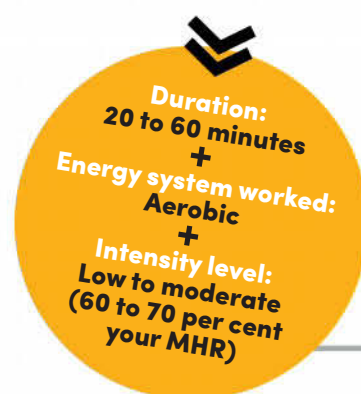


steady state

➔ Though it is definitely the most inglorious of all the modalities, steady state cardio still deserves a spot in your weekly training schedule. With this type, you work up to a target heart rate and keep it there for a set duration of time, anywhere from 20 to 60 minutes, depending on your goals.

This might sound tedious, especially if you've only got limited time to train. But bolstering your aerobic system can power everything from endurance to digestion to sleeping, and will improve resting heart rate, reduce stress and even increase the capacity of your heart to pump blood. Plus, if your aerobic system is on point, you will recover faster from other cardio modalities and intense strength training.

Do steady state cardio after your strength training or on a separate day all its own up to five days a week.



FINDING YOUR MAXIMUM & TARGET HEART RATE (MHR/THR)

You may know of the old max heart rate calculation of 220 minus your age, but that formula is outdated. It was based on a 1970's study that barely included women, so researchers at the Mayo Clinic have modified the formula thusly:

$$200 - (\text{your age} \times .67) = \text{MHR}$$

To find your target heart rate, multiply the percentage of effort by your MHR. For example, a 30-year-old woman working at 70 per cent would look like this:

$$200 - (30 \times .67) = 180 \text{ MHR}$$

$$180 \times .70 = 126 \text{ THR}$$

SAMPLE 30-MINUTE ENDURANCE WORKOUT

Choose any cardio machine and set the controls to manual. Wear a heart rate monitor and increase the belt speed until your heart rate falls within the prescribed range.

TIME (MINUTES)	INTENSITY (% MHR)
0:00-5:00	50%
5:00-15:00	60%
15:00-30:00	70%
30:00-35:00	40%



HIIT: high-intensity interval training

Duration:
 15 to 30 minutes
 +
Energy systems worked:
 aerobic & anaerobic
 +
Intensity level:
 moderate to intense
 (50 to 100 per cent)

➔ If you don't know about HIIT, you've undoubtedly been living off the grid in a yurt. HIIT involves alternating bursts of all-out intensity (90 to 100 per cent) with periods of reduced intensity (50 to 60 per cent) for a set duration of time, with a work to rest ratio of 1:2 to 1:3. This essentially means that you train both your aerobic and anaerobic systems simultaneously and hone your metabolic flexibility — i.e., your ability to transition between burning fat (during the recovery) and burning carbs (during the intervals).

But there's a chance that you — and everyone else — are doing HIIT incorrectly. "True HIIT has a goal: to be bigger, faster, stronger, and the like," says Fabio Comana, CSCS, faculty instructor for NASM. "To do HIIT, you have to know what your maximal performance is — the most number of reps you can do, how fast you can run, how high you can jump. Then your intervals are done near that maximal intensity, or at a percentage of that intensity, to improve performance."

In the fitness industry, however, most people do not allow enough time for their energy systems to recover. For example, if you're working at maximal intensity for 60 seconds, you'll need about two to three minutes to fully recover (a 1:2 or 1:3 ratio of work to rest). Most people use a 1:1 ratio, which is not enough time to bounce back from all-out intensity. The result: a decrease in intensity with each interval, fewer calories burned and an increase in the chance for injury over time, according to Comana.

The take-away: Give yourself a max performance test before programming your workout. Run as fast as you can on the treadmill, do as many burpees as you can or perform as many pushups as you can for 30 seconds or the desired work bout interval. Then program a HIIT workout with a 1:2 to 1:3 work-to-rest ratio to reap the most benefits.

HIIT can be used by any athlete at any period during her training year, though it should be spaced out evenly throughout the workout week because of its intensity and shouldn't exceed more than three sessions per week.

SAMPLE HIIT TRACK WORKOUT

Find a local track and use a watch or smartphone app to time your intervals using a 1:3 ratio of work to rest. Give yourself a 30-second sprint test to see how fast you can go, then use that to gauge your all-out intensity.

MINUTES	ACTIVITY, % INTENSITY
0:00–2:00	Brisk walk, 60% (warm up)
2:00–3:00	Jog, 70%
3:00–3:30	Sprint, 80%
3:30–5:00	Jog, 50%
5:00–5:30	Sprint, 85%
5:30–7:00	Jog, 50%
7:00–7:30	Sprint, 90%
7:30–9:00	Jog, 50%
9:00–9:30	Sprint, 95–100%
9:30–11:00	Jog, 50%
11:00–17:00	Repeat minutes 9:00–11:00 (3x)
17:00–20:00	Walk/cool down

RESEARCH ROUNDUP

Tons of research has been done on HIIT, including a recent study in the *Journal of Obesity* that found that 12 weeks of regular HIIT training drastically reduced body fat and increased lean mass and aerobic power. A paper published in *Cell Metabolism* discovered that when you exercise intensely, your body responds by flipping a genetic switch that increases the production of fat-burning enzymes, essentially altering your DNA for the better!



tabata

➔ Tabata training is a kind of HIIT, but one that takes less than five minutes. The idea is to work as hard as you can for 20 seconds, rest and recover for 10 seconds and repeat that sequence for a total of eight rounds, or four minutes. Sounds crazy, yet one six-week study found that participants increased their anaerobic capacity by 28 per cent, and their VO2 max and aerobic power by 15 per cent! Because you're forcing your body to work at full capacity without full recovery, it responds by increasing its oxygen uptake, increasing both aerobic and anaerobic capacity, and improving VO2 max as a result. Tabatas also incinerate more calories than a regular 60-minute aerobic workout, both during the workout and in the 12 to 24 hours following because of their intensity.

Tabata is a great training protocol for sports enthusiasts as well as regular gym-goers looking for a new way to burn body fat and improve their energy systems. When possible, do them before strength training to be able to dedicate 100 per cent of your energy to them, and leave a day or two between Tabata workouts to allow for full recovery.

SAMPLE WORKOUT

After a thorough warm-up, do each activity with all-out effort for 20 seconds, and rest 10 seconds between each round. "To be effective, this workout must be done at an uncomfortable intensity where you really push yourself," advises Rachel Cosgrove, owner of Results Fitness in Newhall, California, and creator of the *Drop Two Sizes* DVD program (Rodale, 2013). "If you work as hard as you should, you won't be able to do more than eight rounds."

Do two rounds of each:

- Mountain climbers
- Burpees
- High knees
- Jump rope

➤
Duration:
8 minutes
+
Energy system worked:
anaerobic
+
Intensity:
super-intense
(100 per cent)

4

VIIT: variable-intensity interval training

➔ It might seem like nitpicking, but there is a difference between VIIT and true HIIT training. Remember that with HIIT, your work to rest intervals are 1:2 to 1:3; with VIIT, both your work-to-rest ratio and intervals can vary in time and intensity to keep your body guessing. “VIIT gives you the best of both worlds because you are able to do more intervals in a set amount of time, get more EPOC effect as a result and reduce your risk of injury,” Comana says. This means both your aerobic and anaerobic systems are taxed, you work both your fast- and slow-twitch muscle fibres and you’re less prone to become injured, according to Comana. As a bonus, the EPOC (exercise post-oxygen consumption) boost means you’ll burn an additional 20 to 35 per cent more calories during the session and the 24 hours following.

Like HIIT, you still need to know where you fall in terms of max performance, so give yourself a 30-second test to determine what that max might be. Then plan your workout to alternate maximal intensity intervals with submaximal ones so your body has a chance to fully recover.

Try VIIT if you’re trying to shed body fat quickly or to keep things fresh. It is not recommended for women who are dieting for a show, however, as it is pretty intense

Duration:
20–30 minutes

Energy systems worked:
aerobic & anaerobic

Intensity:
60 to 100 per cent

SAMPLE BOX JUMP VIIT WORKOUT

Time yourself and do as many jumps on as high of a box as you can for 30 seconds. This is your maximal-height box. Now choose two smaller boxes, one that is about 90 per cent your max and the other about 60 per cent, and place them next to each other. These are your working boxes.

TIME (MINUTES)	ACTIVITY, % EFFORT
0:00–3:00	Warm up: jog, step up/step down on box
3:00–3:30	Box jumps, big box
3:30–4:30	Walk/light jog, 50%
4:30–5:00	Box jumps, big box
5:00–6:00	Walk/light jog, 50%
6:00–6:30	Box jumps, big box
6:30–7:30	Walk/light jog, 50%
7:30–8:00	Box jumps, small box
8:00–9:00	Walk/light jog, 50%
9:00–9:30	Box jumps, small box
9:30–10:30	Walk/light jog, 50%
10:30–18:00	Repeat minutes 3:00–10:30
18:00–20:00	Walk, cool down

FOUR FAST ANSWERS TO COMMON CARDIO QUESTIONS

1. Should I do cardio on an empty stomach?

The jury is out on this one. Some people believe that it taps into fat stores better, while others insist that you'll "bonk" due to depletion and end up burning muscle instead of fat. If you want to literally run on empty, stick to steady-state work that won't leave you completely fried post-session. If you're doing a more intense form of cardio, however, have a meal that contains carbohydrates at least an hour beforehand so you can power through it without failing.

2. Should I do cardio before or after weight training?

If muscle hypertrophy — i.e., growth — is your main focus, lift first to avoid burning up all your glycogen stores. If your goal is a metabolic boost, do your cardio first.

3. Does yoga count as cardio?

Not really. Yoga does have a lot of respiratory benefits because of the deep breathing and relaxation involved, but it does not burn an appreciable number of calories like a cardio workout would.

4. On my active rest days, can I do cardio?

Yes, but it should be very low-intensity, such as taking a walk or a very easy hike, or playing with your kids at the beach. Active rest days are for recovery and repair, and any activity you do should not be strenuous enough to detract from that purpose.

SAMPLE PROGRAMMING SCHEDULE

The key to progress is changing things up and keeping your body guessing. Try this sample monthly workout program that combines strength training with these four types of cardio for a month. Each day is different so your body never has a chance to figure out what you're doing.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	quads & glutes + steady state	tabata + arms	off	back & chest + HIIT	hams + steady state	off	shoulders & abs + VIIT
WEEK 2	total body + steady state	VIIT + abs	tabata + upper body	off	lower body + HIIT	total body + steady state	off
WEEK 3	shoulders & arms + VIIT	quads & glutes + steady state	off	HIIT + abs	tabata + back, chest & abs	hamstrings + VIIT	off
WEEK 4	HIIT + abs	total body + steady state	tabata + abs	off	total body + steady state	VIIT	steady state

"I swapped the party dress for Lorna Janes, the heels for a pair of Nikes, and the cocktails for protein shakes."

Self-proclaimed party girl Lacey Blackman's weight loss journey all began when she decided to give up late nights for early mornings. Now with a passion for staying fit, the 27 year old is finding success as a personal trainer, body builder and social media personality.

FITNESS HAS ALWAYS BEEN A HUGE PART OF MY LIFE, BUT THERE WAS A TIME WHERE I LOST MY ZEST AND STRUGGLED TO FIND IT AGAIN.

I grew up as a very active child with two brothers, so I was quite the tomboy. I played tennis competitively for 12 years and had ambitions of being a professional tennis player. However due to many injuries I endured over the years, I retired from the sport in my late teens.

After that I worked in the hospitality industry. But adjusting to that lifestyle was definitely challenging. I struggled to find balance in my personal life as my work consisted of early mornings, late nights, sleeping erratically and constantly eating on-the-go or buffet leftovers. Once I hit my 20s, I landed a job on Hamilton Island and began having the time of my life. I felt like I was constantly on a holiday. Drinking cocktails, eating BBQ ribs, sipping on champagne, strolling around the marina with an ice-cream and partying hard at the nightclub became the new normal.

It didn't take long for me to realise the toxicity of my lifestyle. It was reflected in my changing waistline, low energy levels and tighter clothes. My confidence suffered as I was embarrassed by my appearance and felt humiliated to be seen in a bikini. Even with the intention to

lose weight, I continually made bad choices and found myself 'wishing' rather than 'doing'.

THE WAKEUP-CALL

My turning point happened when I was 24 years old and 15 kilos heavier. I decided to move on from hospitality and commence a 9-5 administration job. I had my weekends back and along with this came alcohol-fuelled nights including McDonald binges. However, with my weekly routine consisting of sitting at a desk 40 hours a week along with drinking excessively and eating an abundance of greasy, fatty and processed foods, my weight continued to increase and I lacked the willpower to say 'no'.

My motivational spark was reignited after I sat down at work one day and the buttons on my pants literally burst off. I was disgusted and mortified. Right then was the moment I decided to get fit and keep it that way.

THE CHANGE

I swapped the party dress for Lorna Janes, the heels for a pair of Nikes, and the cocktails for protein shakes. I signed up to a gym and attended group fitness classes a couple of times a week. I would tuck myself behind a treadmill as well because I found every other area of the gym really intimidating. I had never lifted weights in my life and

literally had no clue what I was doing. I decided to seek the help of a personal trainer and trained with him twice a week.

Over the following months I remained consistent and disciplined in my training and nutrition. Each weigh-in with my trainer continued to show that my hard work was paying off. Not only was I shredding away unwanted body fat and building lean muscle, but my mentality became increasingly positive and I had a much happier disposition. I was bouncing with optimism, free of insecurity, more productive at work and most importantly, had developed a healthier self-perception.

THE STRUGGLES

Transitioning to my new lifestyle was tough. I was really stepping out of my comfort zone and challenging myself in ways that I hadn't before both - physically and mentally. I changed my daily routine to attend my PT sessions and was getting up as early as 4:30am to do a workout. I actively planned my meals ahead of time and became better informed of what food was actually made up of. I learned to say 'no' to temptation and was proactive in my healthier lifestyle choices (including less partying)

THE OUTCOME

Within weeks, I started to see significant changes in my body. My waistline started to shrink, my belly was far less bloated and my clothes began to feel more comfortable again. I was ecstatic. I had even mustered up enough confidence to start lifting weights on my own.

I had grown such a deep appreciation for aesthetics throughout my fitness transformation that it only seemed natural to progress to the next stage of my journey – bodybuilding. I wanted to continue challenging myself and pushing the boundaries, so I contacted a conditioning coach and immediately commenced competition prep. After 16 weeks of training hard and following a tailored nutrition plan, I stepped on stage for the first time at the 2014 INBA Queensland Titles. I was completely blown away when I placed 1st in my Bikini Novice division and 4th in Bikini Opens. A couple of weeks later I competed at the INBA Australian Titles and placed 4th in the Bikini Intermediate division. At the INBA Brisbane Classic this year I placed top 5 in all my divisions.

Fitness has completely changed my life and become my passion. I am addicted to how lifting weights transforms my body and I really enjoy experimenting with new, healthy recipes. I decided to pursue a career in personal training, and in 2014 I obtained my certification through the Australian Institute of Fitness. I feel a true sense of accomplishment and absolutely love my job. I am so proud of the direction I am going in and so excited for the future as it has never looked so bright.

Off-season nutrition plan

Breakfast: Overnight oats with banana and chia seeds

Mid-morning: Berry protein smoothie

Lunch: 'Mex' bowl with ½ avocado or leafy salad with 150g lean meat and quinoa

Mid-afternoon: Hummus dip with mixed veggie sticks

Dinner: 150g lean meat with salad or steamed vegetables

Dessert: Lite jelly (treat!) with 1 cup strawberries

Comp prep nutrition plan

Breakfast: 2 slices low carb bread with ½ avocado and low fat ham

Mid-morning: 'Zoats' (zucchini and oats!) and ½ cup raspberries

Lunch: Vegetable stir-fry with 100g poached chicken

Mid-afternoon: One piece of fruit and ½ cup mixed nuts

Dinner: 150g poached chicken with leafy salad or steamed greens

Dessert: 1 cup strawberries



Before



To see more of Lacey's journey, transformation photos, recipes, lifestyle tips and workouts, follow her on Instagram: @leanlikelacey

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Riann Burton

AGE: 20 YRS
WEIGHT: 64 KG
HEIGHT: 178 CM
MAIN OCCUPATION:
STUDENT

WORKOUT INSPIRATION? I always played sport during school (basketball, swimming, athletics and motocross racing) however I was plagued with loose AC joints in both shoulders and constant dislocations. A year off activity following a knee reconstruction was unbearable and I couldn't wait to get back to the gym and a structured fitness program. My program has given me a new outlook on a healthy life. I feel I can tackle and overcome any obstacles. People now look up to me as their role model for inspiration and guidance and I don't want to let them down.

DIET PLAN? A 'typical' day would start with oatmeal, berries and an omelette, the next four or five meals of my day are very similar, chicken or white fish with mostly green veg or salad. I add sweet potato into my meals before and after my training session.

CARDIO OR WEIGHTS? Weights. You can feel your muscles burn and think it is changing your shape straight away. Cardio is long and often boring.

ADVICE FOR GYM NEWBIES? Always begin at the start. Do not try and push your body to its limits when it is not used to it. Learn to eat every few hours and not snack between. It's all about timing, moderation and not over indulging when given a day off or a "cheat meal". If you are trying to get all aspects perfect from the beginning you will not enjoy it. Remember everything takes time and progress will come, don't force it too quickly!



Sasha Hayley Carbery

CENTRAL COAST, NSW
AGE: 24
WEIGHT: 60KG
HEIGHT: 165CM
MAIN OCCUPATION:
DISABILITY SUPPORT WORKER

WORKOUT INSPIRATION? I was diagnosed with "anorexia nervosa" at the age of 13. It all started when I begged my mum to do work experience in the modelling industry and was surrounded by tall, beautiful and SKINNY women. After a long struggle with self-image, one day I just woke up and was starving. I remember I opened the fridge for the first time looking for different kinds of foods and I started eating. It was a very slow recovery but I began to see the light and know I was worthy. It took me a long time to get better, I still get bad thoughts, but now I ignore those thoughts. I learnt to love myself, all of me and to accept my flaws and love them too.

ROLE MODEL? My coach and friend Melissa Le Man, she has always believed in me and pushed me to achieve greatness within myself, she never gives up and inspires me to help and inspire others.

FAVOURITE CHEAT FOOD? Ice cream with Nutella, I have this once a week, usually on a Friday night.

FAVORITE TRAINING MOVE? Dumbbell side raises - I love feeling the burn and squeeze at the bottom. I love seeing how it shapes my shoulders and it's a fun exercise to do.



Katrina Mobbs

BRISBANE, QLD
AGE: 36
WEIGHT: 66KG
HEIGHT: 170CM
MAIN OCCUPATION:
CLUB MANAGER

WORKOUT INSPIRATION? A change in my life in 2011 saw me looking for some new challenges. I decided to join a gym and try something different away from the netball court and some much needed time to myself.

CARDIO OR WEIGHTS? I actually love both. All year round I do both cardio and weights sessions in my routine. Fitness is about balance and I do it because I love it. I love the outdoors and the feeling of exhausting yourself through a big cardio session just as much as I love the thrill of lifting a new PB in the weights room and watching my body grow and change shape.

FAVORITE TRAINING MOVE? Definitely for me it is the leg press. The feeling of moving such a high volume of weight is very empowering. It is you vs. the machine and it is such a great feeling of accomplishment when you complete the set.

BEST FITNESS TIP? Be brave and try new things. Don't be afraid to try a new class at the gym or a new exercise in your session, experiment with new foods and try on that new gym outfit. Keep the journey exciting and interesting. It is just as much about personal growth as it is physical.


Jane Muir

PEREGRIN SPRINGS, QLD

AGE: 40
WEIGHT: 55KG
HEIGHT: 162CM
MAIN OCCUPATION:
PERSONAL TRAINER

ROLE MODEL? Jillian Michaels. Coming from humble beginnings and not having the perfect body, she represents to me what a true trainer should be. She leads by example, she walks the walk and talks the talk, she is damn tough but fair, she has worked extremely hard to achieve the body, status and respect around the world.

FAVORITE NON-CHEAT FOOD? 70% dark chocolate, fixes that sugar hit everytime.

FAVOURITE TRAINING MOVE? I am known as the Burpee Queen via my clients and love creating lots of different versions of them. In one move it works your entire body... upper, lower, core etc., plus it's great cardio. And you can do them anywhere, no excuses.

WORKOUT PLAN? Cardio six times a week and weights four times a week.

CELEB LOOK ALIKE? Funny enough Jillian Michaels, not only in looks but also in attitude.

ADVICE FOR A GYM NEWBIE? It is totally okay to start where you are, use what you have and do what you can. We all have to start somewhere. And don't forget to enjoy the ride.

FAVOURITE FEATURE? My abdominals, I have always been blessed with a good tummy and I was even more thrilled when they returned after bub. It can be done.


Shannon Condoleon

BRISBANE, QLD

AGE: 36
WEIGHT: 58KG
HEIGHT: 165CM
MAIN OCCUPATION:
MARKETING MANAGER

ROLE MODEL? Erin Stern. She is the most down to earth and humble fitness girl that I have ever met. She knows how to have a laugh and not take herself too seriously. I love that she keeps things real and truly represents a beautiful healthy fit body, while being a beautiful person.

FAVOURITE CHEAT FOOD? Gourmet pizza with red wine, sticky date pudding and Allen's lollies.

FAVORITE TRAINING MOVE? Chin-ups. I love that this move works your entire upper body. Nothing makes you feel stronger than being able to lift your body weight.

BEST FITNESS TIP? When starting a new training/nutrition plan, always ask yourself if this is something you can sustain as a lifestyle. If your answer is no – you need to find another plan that you can sustain and follow. Health and fitness should be a lifestyle, not something that makes you feel deprived or something you have to obsess over or spend every waking hour thinking about. Find exercise and healthy food you love.

WHAT PUMPS YOU UP? A quality long black coffee, putting on my favourite bright leggings and hitting play on my favourite workout tunes.


Katey Field

MELBOURNE, VIC

AGE: 28
WEIGHT: 51KG
HEIGHT: 158CM
MAIN OCCUPATION:
PERSONAL TRAINER

ROLE MODEL? My coach and mentor Hattie Boyle. She has a very similar body type to mine so I look at her and know with hard work and dedication, I can reach her level.

FAVOURITE CHEAT MEAL? Mexican food. Though although it's a "cheat meal" I try not to go overboard with all the sour cream, tortillas, avocado etc.

FAVOURITE NON-CHEAT FOOD? I have recently become a huge fan of turkey, as I don't eat seafood, adding turkey into my diet added variety to more than just chicken.

FAVOURITE WORKOUT MOVE? The deadlift. It works everything at once.

WORKOUT PLAN? I walk for a minimum 45 minutes every morning, do a one hour pole dance class every Monday evening, and weights three times a week. I try and get out and a nice long walk, at least two hours, each weekend.

FAVOURITE TYPE OF CARDIO? A dance class. It's fun, you don't even realise your burning the kilojoules.

FITNESS TIP? Get up early and start training before your body has realised what it's doing.

Strutting their stuff on stage

PHOTOGRAPHY BY CRAIG OSBOURNE IMAGING

THE 2015 INBA BRISBANE CLASSIC WAS A RECORD BREAKING EVENT WITH OVER 1100 ENTRIES ACROSS 72 DIVISIONS DURING THE TWO DAY EVENT.



Bikini Novice Class 1:

1st Jessica Dickson, 2nd Monica Kwiecien, 3rd Chelsea Peers

WHILE THE SATURDAY PROGRAM OF BODY BUILDING AND MS FIGURE CONTINUES TO GROW YEAR AFTER YEAR, THE SUNDAY PROGRAM IS GROWING AT AN EVEN FASTER RATE.

Expanding to include INBA Angels, One Piece Swimwear, Bikini, Bikini Momma, Fitness, Fitness Momma and Men's Fitness and Physique, Sunday is one popular day.

INBA QLD President Jason Woodforth says that every division is incredibly successful.

"It's great seeing all these transformed bodies strutting their stuff on stage," he says.

"We brought in Bikini Momma two years ago and due to its amazing, instant success, we have expanded it to include Fitness Momma. INBA Angels is in its second year and has been a welcomed addition too. The first ever one piece swimwear division was hotly contested as well, and for the first time ever, the Masters 40 Plus fitness had to split into height division!"

The sport is certainly going from strength to strength and Season B has so much in store including the Tropix, State Titles and end of year BrisVegas Super Show.

For more information visit www.inba.com.au



Lacey Blackman;
2nd Bikini Novice Class 3,
3rd Bikini Open, 4th Swimwear



Jodee Morgan;
1st Bikini 40+,
5th Fitness 40+



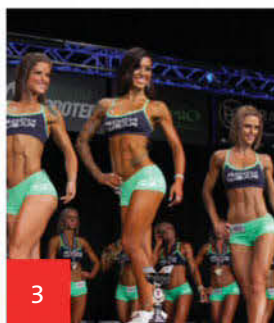
Vanessa Ahmatovic;
1st Open Bikini Class 1,
Overall Ms Bikini



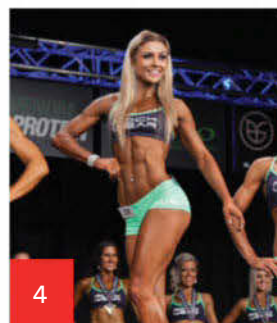
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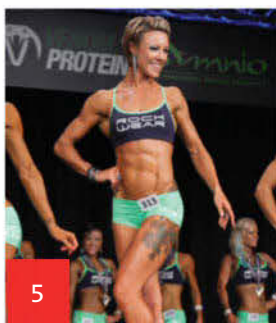
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6



7

1: Fitness Model First Timers Class 1: 1st Sa Dang, 2nd Jacqueline Gray, 3rd Faan Jaemsaidee

2: Faan Jaemsaidee; 1st Bikini First Timers Class 1, 1st Bikini 21, 4th Bikini Open Class 1

3: Fitness Model First Timers Class 2: 1st Laura Coulsell, 2nd Dani Woolbank, 3rd Nicole Angas-Johnson

4: Amy Turner; 1st Fitness Model Novice Class 3

5: Sarah Hansen; 1st Fitness Model 30+ Class 1

6: Jade Dumont; 1st Ms Fitness Model Overall, 1st Open Class 3

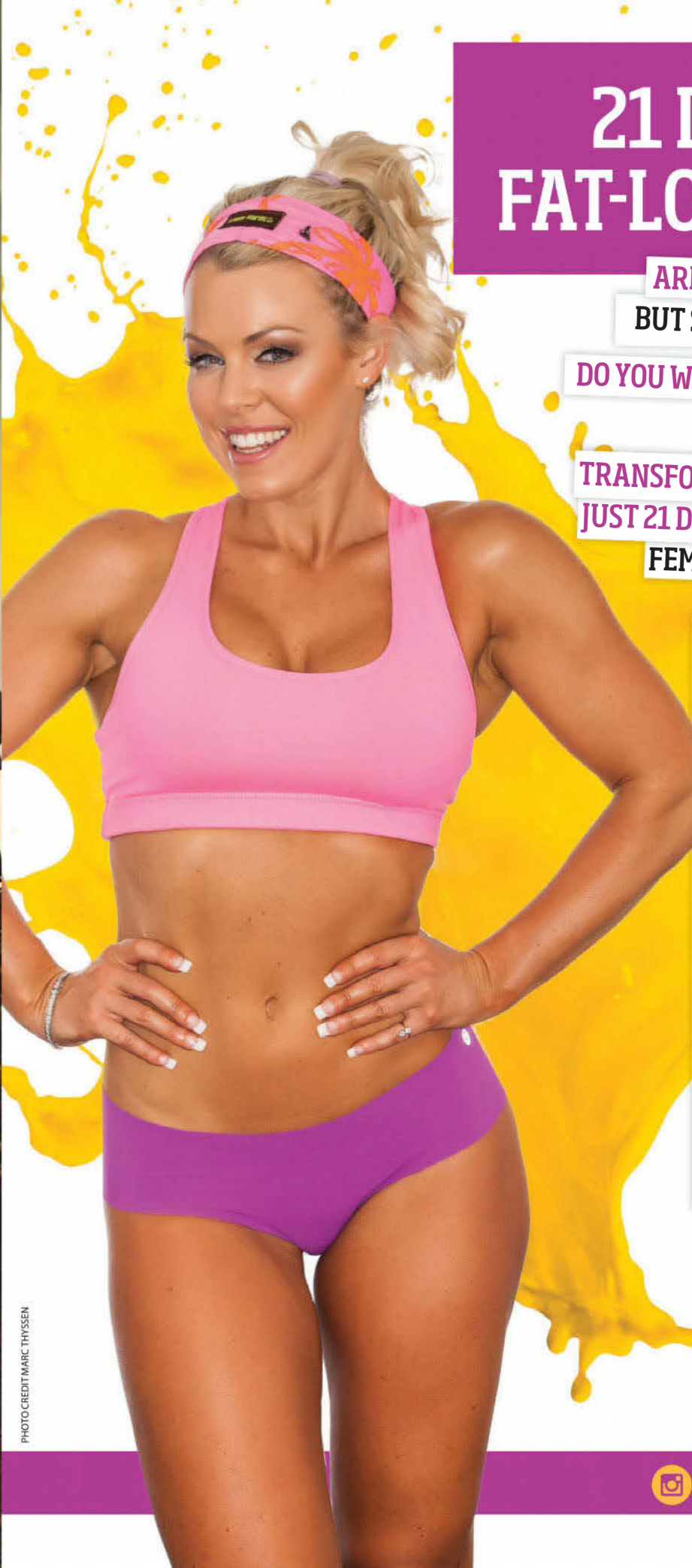
7: Hayley Mabbett; 1st INBA Angels

“Don't wait until you've reached
your goal to be proud of yourself.

**Be proud of every step you take
toward reaching that goal.**”

Unknown





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" They say it beats
the competition,
I'd say
**there is
no competition** "



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